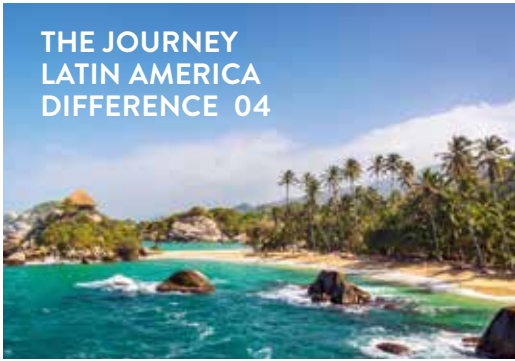


# THE SPECIALIST'S GUIDE TO LATIN AMERICA



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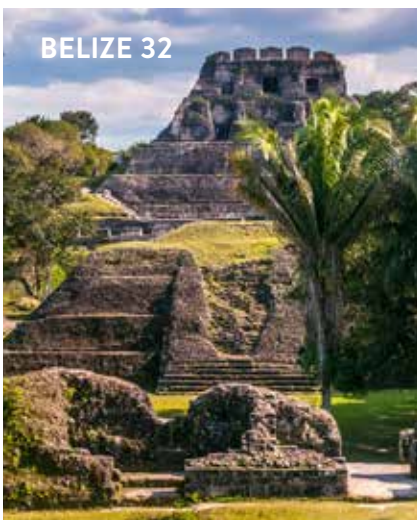
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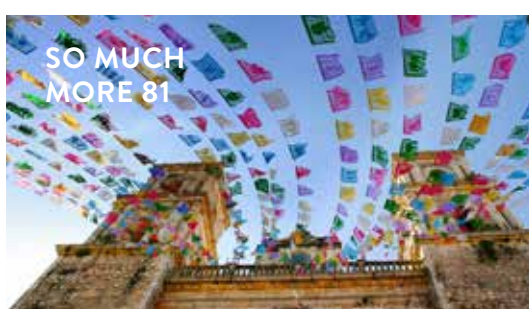
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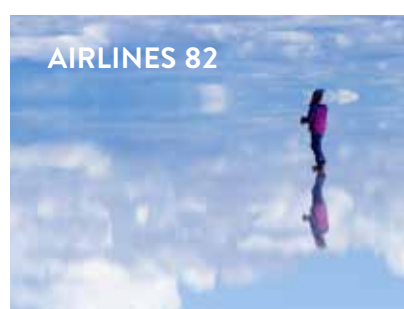
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# THE JOURNEY LATIN AMERICA DIFFERENCE



As our name suggests, we are single-minded about Latin America. This is what sets us apart from other travel companies as we tailor extraordinary experiences and inspiring journeys throughout Mexico, Central and South America.

When you travel with us, you gain access to 40 years of experience and expertise, knowledge and know-how, offered by a friendly team of travel experts with a passion for sharing it all.

97% of clients rated their experience with Journey Latin America as Excellent or Good.

**feefo** ★★★★★  
4.8 / 5 Service Rating

## Leading the way

In 1980 we were one of the first to offer Tailor-made Holidays to Latin America. Our first-hand experience means we've explored the length and breadth of this ever-changing continent. We are often the first to blaze new trails and offer exciting new activities into emerging regions.

## Knowledge and expertise

Some of our staff have been with us for over 30 years and all of us have lived and worked or travelled extensively in Latin America – you won't find more committed and enthusiastic travel specialists.

## Trusted partners

We understand how important good relations with our partners are, and always seek the best services from proactive local suppliers. This dedicated support team includes our highly valued, top-rated local guides, who make the travel experience unique through their local knowledge and passion.

## Unrivalled portfolio

We can confidently say that no other operator can offer such a wide range of hand-picked accommodation, excursions, activities and experiences in Latin America.

## Authentic experiences

Our approach to creating unforgettable holidays is practical and hands-on. We travel to each country in Latin America at least once a year, revisiting existing experiences and activities, checking out new ones, devising our own.





Tayrona National Park, Colombia



### Exclusive travel app

Our exclusive Journey Latin America app makes travel easy, by providing you with your personalised day-by-day itinerary, pre-departure info, recommended insider tips on restaurants, bars, offline maps and much more straight to your smart phone or tablet.

### With you all the way

While you're away you'll always have access to our 24/7 UK emergency support line. Plus all our local partners offer you contact both during and outside their office hours should you need it.

### Full financial protection

We are a fully bonded tour operator, registered with ATOL, ABTA and AITO. Book with confidence, knowing every penny is secure.

### No-obligation quote

Call one of our travel experts on 020 8747 8315 today to start planning your unique Tailor-made Holiday. We'll send you a bespoke travel proposal completely free of charge, with no need to pay until you feel 100% satisfied with your personalised itinerary.

“ No company has more first-hand knowledge of its subject than Journey Latin America. ”

Condé Nast Traveller



Chivay, Peru

### Award winners

Our commitment to what we do has been recognised time and time again – our brochures, holidays, customer service, tour leaders, local guides and sustainable initiatives have all won travel trade and public awards over the years.



CIM

**Winner:** British Travel Awards, Best Tour Operator to Central & South America 2019

**Winner:** Agents Choice Award Tour Operator to Latin America & the Caribbean, Selling Travel 2016, 2017, 2018, 2019

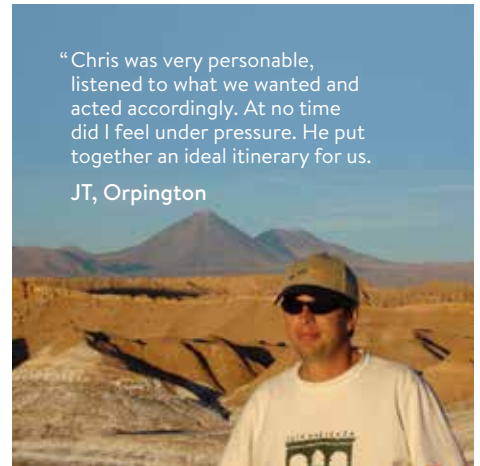
**Gold Trusted Service:**  
Feefo 2018

**Top Ten Specialist Tour Operator:**  
Condé Nast Traveller Readers' Awards 2017, 2018, 2019

**Winner:** CIM Travel Marketing Award for Best Website 2017

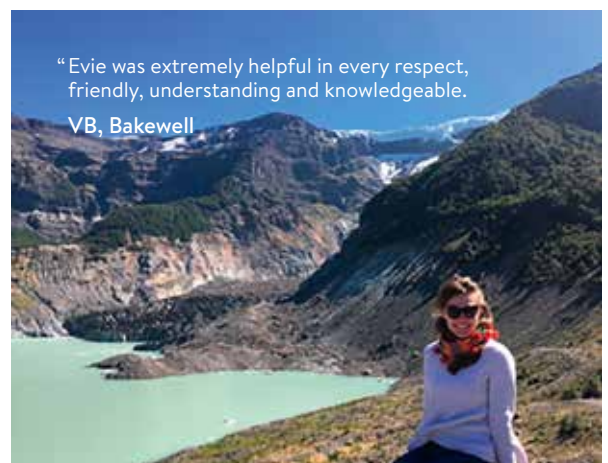
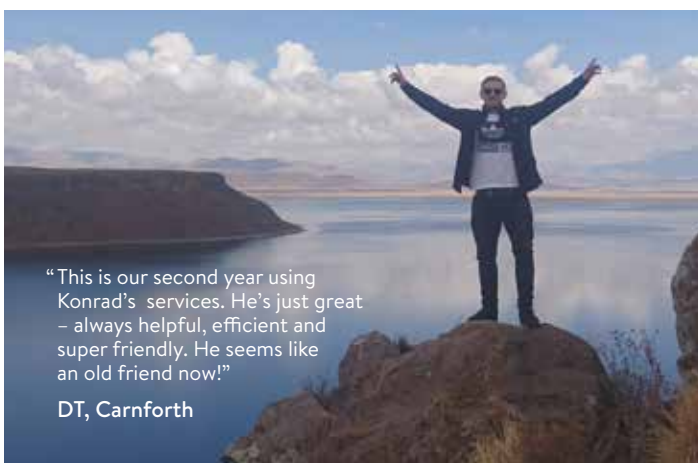
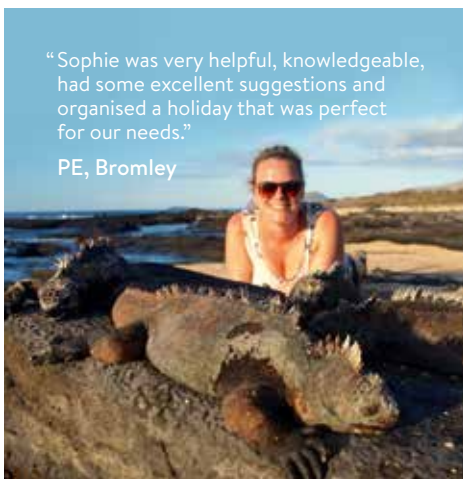
**Winner:**  
Food and Travel Magazine Readers' Award for Tour Operator of the Year 2017



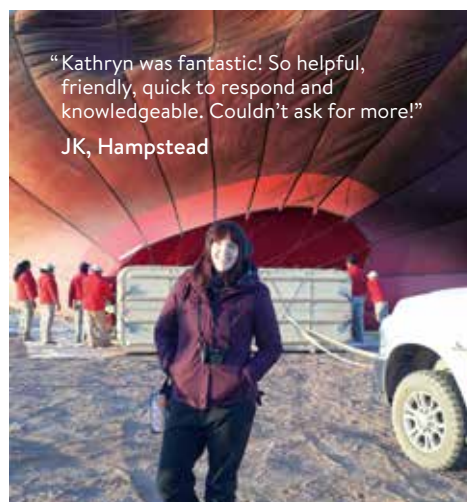
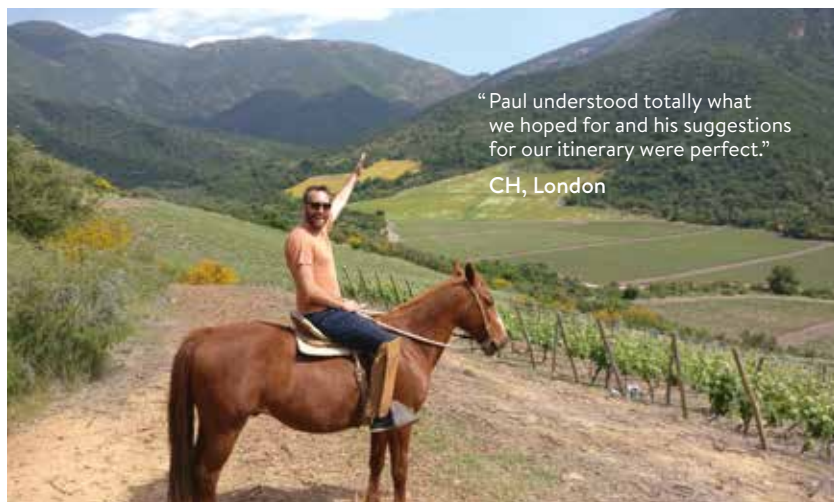


## OUR LATIN AMERICA TRAVEL EXPERTS

Our expert consultants are friendly, articulate, educated and experienced travel specialists. Many are Latin American nationals, others have lived or travelled extensively across the continent and most hold an academic qualification relating to the region's history, geography and languages, meaning that you will receive unrivalled advice based on unique personal experiences.







## SPEAK WITH AN EXPERT:

-  Visit our website [journeylatinamerica.co.uk](https://journeylatinamerica.co.uk)
-  Speak to a travel expert on 020 8747 8315
-  Or email us at [tours@journeylatinamerica.co.uk](mailto:tours@journeylatinamerica.co.uk)



# WAYS TO TRAVEL

With an increasing number of travel options available, seeking guidance from an experienced tour operator on the best way to travel can save you time and add value to your holiday.

Whether it's a Tailor-made Holiday crafted from scratch, a pre-designed Private Journey or an Escorted Group Tour, our experts will listen to your requirements to make sure we provide an incredible holiday experience based on your personal preferences.



Lina Fuller

## “ WHAT YOU SAY

This is my first trip with Journey Latin America and they were brilliant customising everything to my needs and made the perfect holiday and more importantly a totally stress free experience.

LR, Nottingham

## Tailor-made Journeys

### YOUR UNIQUE HOLIDAY

Speak to one of our travel experts to design your holiday exactly as you want it - creating truly personalised itineraries is what we excel at. We are happy to make changes as your holiday plans take shape and are always available throughout the process for any queries you might have.

### OUR UNRIVALLED PORTFOLIO

With 40 years' experience in travel to Latin America we have an unrivalled portfolio of accommodation and activities to choose from. We also regularly inspect the products that we offer meaning you can book safe in the knowledge that we've done all the hard work for you.

### OUR SERVICE

From the first time you contact us to the moment you return, we strive for every part of the service we provide to be exceptional.

### HOW IT WORKS

Typically we assign you one specialist consultant throughout the planning and booking process. Speak to them in the office, on the phone, by email, via LiveChat or on our website – whatever suits you best.





Sacred Valley, Peru



## Private Journeys

We have almost 200 exclusive private holidays to choose from on our website where you can check prices and explore day-by-day itineraries. If you like what you see, you can also book direct online.

All our Private Journeys are expertly designed by us and are completely flexible. Our travel experts will be happy to modify them to ensure they are exactly the right for you.

## Group Tours

If you'd prefer to travel with other like-minded people in a sociable atmosphere, we offer two innovative styles of fixed-date escorted group tours with award winning tour leaders: adventurous, trail-blazing Discovery Journeys; and Classic Journeys, featuring comfort and exclusivity.

For more details about our Group Tours visit our website to request a brochure via post or to download a digital version.





# HOLIDAY STYLES

To guide you to the holiday which best suits you, we've created a range of contrasting styles. Try exhilarating adventure sports on a Walking and Active Holiday, spot rare, colourful birds on a Wildlife Holiday, or if you are travelling with children, head for our Family Holidays. For a full list of holiday styles visit our website, and browse suggested itineraries which our travel specialists can tailor to your specific needs.





## WALKING AND ACTIVE



Mount Fitz Roy, Argentina

Immerse yourself in the landscape with an active holiday through some of Latin America's most impressive wilderness scenery. The icy peaks of the Andes in Peru and Bolivia, the traditional highlands of Guatemala, the glaciers of Patagonia, the volcanoes of Ecuador: just a few of the stunning locations with an array of activities to suit all abilities.

## Our top walking and active experiences

- Climb Sierra Negra volcano and peer into the depths of the Galápagos' largest crater.
- Whizz through the luscious jungle canopy on 12 exhilarating zip-lines at Boquete, Panama.
- Raft the frothing white-water of the Chilean lake district's exhilarating Petrohué river.
- Explore the exquisite deserted coastline of Baja's Espíritu Santo island by sea kayak.
- Glorious day walks reveal the ice-spiked pinnacles of Los Glaciares National Park, Argentina.
- Take to Peru's Salkantay Inca Trail on horseback, riding past towering snow-drenched peaks.



Turismo Chile



## WHAT WE LOVE

To enjoy mountain-biking the Mindo cloud forest trails in Andean Ecuador you don't need off-road experience – the scenic dirt roads are safe – and the scenery is remarkably unspoilt given how close it is to Quito.

David Nichols

## WHAT YOU SAY

Kayaking around the mangroves in the Damas Estuary (Costa Rica) was good fun and we saw lots of different wildlife – including a boa imperator in the trees. Our guide was very knowledgeable.

KF, Aldershot



## SELF-DRIVE



Los Glaciares National Park, Argentina

iStock.com

Break away from the crowds with the freedom and flexibility of your own car. Ever-improving roads in Latin America are opening up extraordinary landscapes to explore at your own pace, knowing you have accommodation booked at the end of the day. We offer self-drive car hire in twelve Latin American countries, and counting...



Tom Parrott



explora

## Our top self-drive experiences

- Take a lonely road winding past Patagonia's volcanoes, turquoise lakes, glaciers and skeletal peaks.
- On a leisurely drive in Mexico's Yucatán, stop off at Mayan temples, colonial haciendas and sunny beaches.
- Explore rural roads through exquisite coffee-blanketed hills in Colombia's heartland.
- Delight in the empty roads of tiny Uruguay's unspoilt coastline and vineyard-sprinkled interior.
- It's a stunning and varied drive from the Caribbean to the Pacific through Costa Rica's wildlife mountains.
- Descend a pioneering road from Ecuador's chilly uplands through cloud forest to the steamy Amazon.



## WHAT WE LOVE

Driving in Colombia is a real adventure. It's a great experience if you relish the chance to drive up steep winding mountain roads, with a stunning view around every corner. The scenery is stupendous.

Mary Anne Nelson



## WHAT YOU SAY

The self-drive in the Salta and Jujuy province was excellent. The GPS worked well, the car was good and the mountains are out-of-this-world.

NHC, Kuala Lumpur



# FAMILY HOLIDAYS



Tom Parrott

Caribbean coast, Belize

We understand the joys and challenges of travelling with children and teenagers, and we're the experts when it comes to designing flexible trips built specially around a family. We can suggest good value or luxurious family-friendly resorts and cruises, safe beaches for swimming, adventurous but accessible hikes and memorable wildlife encounters. We make sure it's all entertaining and educational for parents and children alike.



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Shutterstock.com

## Our top family experiences

- Older children feel an explorer's excitement hiking the waterfalls of the remote Brazilian table top mountains of Chapada Diamantina.
- Roaming among jungle-throttled Mexican pyramids as parrots screech above delights all the family.
- A homestay at Lake Titicaca means you can all engage with a family across the generations.
- Spotting wildlife always thrills – especially the lovable turtles and dolphins of Panama.
- Slow-paced Cuba can be explored in many adventurous ways; by bike, jeep, and vintage car.
- Glamp it up in Patagonia in a family yurt – wilderness explorations leave from the front door – or flap.



## WHAT WE LOVE

Our young son was thrilled to rise to the top of Sugar Loaf Mountain in a cable car. In Rio they give priority to families and we were whisked to the front of the queue.

Chris Rendell-Dunn

## “ WHAT YOU SAY

We were travelling with kids, aged 10 and 15, and Sophie did a great job of tailoring our plans to take into account their needs. She had a very detailed knowledge of the region and therefore was able to make some helpful suggestions.

ME, Hong Kong



# HONEYMOON AND SPECIAL OCCASIONS



Atacama Desert, Chile

explora

Getting married? Special anniversary or birthday? Perhaps your dream is of palm-studded beaches, a Patagonian glacier, a Galápagos cruise, Peru's Machu Picchu, or the romance of Havana. We know how to make your dream holiday even more special. We have identified charming places to stay to ensure your special moments are delivered with an unforgettable level of service.



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## Our top honeymoon and special occasion experiences

- Rise early from first class Belmond Das Cataratas to be the first to view tumultuous Iguazú Falls.
- Glamp at Glover's Reef on a coral atoll off Belize's coast; kayak during an apricot sunset.
- From Lake Titicaca to Cuzco on luxury train Andean Explorer: sleep on board in a sumptuous suite.
- An exclusive adults-only boutique hotel near Costa Rica's Arenal volcano, Nayara Springs is a treat.
- Mashpi Lodge is an award-winning retreat in magical, bird-filled Ecuadorian cloud forest.
- Enjoy the pampas hospitality of romantic La Bamba, Argentina's premier estancia welcoming visitors.



### WHAT WE LOVE

A real treat was when our guide on Easter Island took us by surprise one morning to Anakena beach. There waiting for us was a bottle of bubbly and a private picnic fit for a king (and queen!)

Laura Rendell Dunn



### WHAT YOU SAY

The Iguazú Falls are sensational – definitely the most memorable day especially with such a great guide! But the Hiram Bingham train journey to Machu Picchu was also a very special event for us.

GC, Horsham



## WILDLIFE ADVENTURES



Jaguar, Belize

Expert guides will take you to the region's most astounding natural habitats to observe extraordinary creatures first-hand. Choose between an eco-lodge deep in the rainforest or the wide open wetlands, a tropical wildlife cruise, a bird-watching trail, a visit to a monkey refuge, a whale-spotting expedition, photographing penguins in the South Atlantic or condors in the Andes... there's a huge choice.



## Top wildlife experiences

- Spying a jaguar is the climax of a stay in Brazil's Pantanal wetlands.
- The comical dance of the blue-footed booby in the Galápagos raises a smile.
- Hummingbirds are abundant and easily spotted in the Andean cloud forest.
- Gasp as hundreds of scarlet macaws nibble a clay lick in Peru's Manú reserve.
- Look out for pumas searching for guanacos in the Patagonian steppe.
- Wake up to the mournful lament of howler monkeys in Nicaragua's tropical forests.



## WHAT WE LOVE

Snorkelling with Galápagos hammerhead sharks is my most memorable underwater experience but my most exciting wildlife encounter was the sighting of a jaguar prowling in Peru's Manu National Park

Ben Line



## WHAT YOU SAY

The trip to Harberton from Ushuaia to see penguins was amazing. We saw four whales and other wildlife including a king penguin. I was impressed by the knowledge of the guide and her commitment to conservation.

DF, Malvern



## OFF-THE-BEATEN-TRACK



Uyuni salt flats, Bolivia

iStock.com

There are still many places where a rare visitor is warmly welcomed, and where you can view jaw-dropping panoramas without a hint of a crowd. The wilderness Guianas, the indian communities of the Colombian Amazon, the Jesuit mission churches of Bolivia's tropical Oriente, isolated eco-lodges in the highlands of Costa Rica, the penguin colonies of South Georgia – we have pushed back the horizons to offer you marvellous remote holidays.



Turismo Chile



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## Our top off-the-beaten-track experiences

- Discover a wild, far-flung corner of Patagonia's glaciated landscapes on Chile's Austral road.
- Cowboys help you spot anteaters in the cattle prairies of the traditional Llanos wetlands of Colombia.
- Visit a surreal landscape of rippling sand dunes pitted with jade lagoons in Brazil's northeast.
- Hike from ice-giant Mount Ausangate to the rainbow mountain in Peru without seeing a soul.
- Abundant wildlife awaits you in Bolivian Amazon's little-visited Madidi National Park – tapirs, ocelots, capybaras.
- In the puna of Atacama, you're alone in rarefied, high altitude scenery as alien as Mars.

### ♥ WHAT WE LOVE

The Weaver's Trail (Peru) not only covers spectacular scenery but gives you a great glimpse of local life. I didn't see another tourist for two days and was greeted by groups of curious children.

Hannah Donaldson

### “ WHAT YOU SAY

I was surprised and delighted about everything I saw and experienced, it was well worth getting off-the-beaten-track. In Trinidad (Cuba) I looked through an archway to a courtyard with about 100 locals having a tea dance.

PW, Norwich



## FOOD AND DRINK



Colourful Mexican gastronomy

Latin American gastronomy – traditional, innovative or fusion – embraces distinct, always succulent, regional cuisines. We can arrange all sorts of foodie experiences from traditional snacks to gourmet – either as the main focus of your holiday or a special highlight. Sip maize beer in a Bolivian market, learn how to cook ceviche in Peru, savour luscious lobster with a convivial Cuban family.



Jenny Powells



iStock.com

## Our top food and drink experiences

- A hands-on cookery class involves all aspects of creating a tasty Mexican meal.
- Savour the flavours of various pisco brandies at a traditional Peruvian distillery.
- Feast on a juicy asado in the open air on a ranch in the Argentine pampas.
- Visit a Guatemalan tropical plantation to sample avocados, cocoa and coffee at source.
- Sip premium wines in a delightful rural setting at Chile's historic Santa Rita winery.
- In south Brazil, sample oysters straight from the ocean, washed down with a caipirinha.



## WHAT WE LOVE

One of my best foodie memories is of exploring Oaxaca's markets... stalls piled high with chillies and more interestingly dried crickets which, consumed with a sprinkle of salt and a squeeze of lime, are delicious!

Konrad Mludzinski

## “ WHAT YOU SAY

Uruguay was a fantastic surprise as we were not sure what to expect. The food and wine was excellent and it was really relaxed which was great.

AE, Hope Valley



## EXPLORE AND RELAX



Palenque, Mexico

Discovery and repose come together in an ideal holiday combination, whatever your budget. Clamber among pre-Columbian ruins or walk the streets of colonial cities, then spend a few days relaxing at a countryside hacienda or on sugary beaches. Or follow a challenging mountain trek with pampering in a luxury spa – the compatibility of different experiences is limitless...



Terra Hotel

## Our top explore and relax experiences

- Discover Peru's mountainous Inca heartland; sunbathe on Mancora's wild Pacific beaches.
- Join the party at Rio's riotous Carnival; sit back on the sands at fashionable Buzios.
- Delve into vast Mexico City's multi-layered culture then head to luxurious Pacific coast resorts.
- Dance to the salsa beat in Cuba's crumbly colonial cities; enjoy the tranquillity of Cayo Santa Maria.
- Venture onto the jungle trails of Costa Rica's Osa Peninsula; unwind at a luxury beach resort.



## WHAT WE LOVE

We explored by car the Chilean lake district's remote country roads, sweated up to a volcano's summit, then relaxed at a luxurious vineyard with a choice of top quality wines.

Mary Anne Nelson

## WHAT YOU SAY

This was an amazing trip and fully met our expectations. We were new to South America and it had so much to offer – we will be returning. The planning was excellent and the pace of the trip exactly met our requirements.

SB, King's Langley



## EXPEDITION CRUISES



Peruvian Amazon

Aqua Expeditions

To discover Latin America's islands, coasts, rivers and remote reaches, travelling by water can often be the best (or only) way. Our expedition cruises are adventurous in spirit, with expert guides and land excursions. Among them are wildlife trips on the Amazon, voyages in the Galápagos Islands and Antarctica, and cruises from the Caribbean to Cape Horn via the Pacific coast and the Patagonian archipelagos of the far south.



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Lina Fuller

## Our top expedition cruise experiences

- Float down the remote Amazon like the Brazilians do, on the traditional wooden riverboat, MV Tucano.
- Beagle Channel, Cape Horn – cruise historic glacial waterways on MV Australis.
- Rise and fall through the jungly Panama Canal's massive locks with MV Discovery.
- Explore Antarctic kayaking, camping on the ice and snow-shoeing from MV Ortelius.
- In the jade Sea of Cortez, paddle or snorkel from MV Safari Endeavour to spot whales and sea-lions.
- Discover Galápagos iguanas and albatrosses from MV Evolution's 1920s nostalgic, nautical elegance.



## WHAT WE LOVE

My coastal expedition passed only too quickly. There just wasn't enough time to fit in all the landings, food, cocktails, lectures and relaxation that tempted me!

Sarah Bradley



## WHAT YOU SAY

The staff of MV Legend were very helpful and pleasant. The team have everything sorted, in a very professional way, with no shortage of activities. A great experience.

JC, Littlehampton





## “ WHAT YOU SAY

We had a fantastic trip and a wonderful experience. Journey Latin America's knowledge and experience of South America shone through in the organisation of the trip as a whole. We would whole-heartedly recommend them to anyone contemplating a holiday to Latin America and we will definitely be booking another tour with Journey Latin America in the future.

DL, Twickenham



# HIGHLIGHTS OF LATIN AMERICA

Latin America has too many highlights to include all of them here, but below are a few of our favourites to get you started:



1

## CARIBBEAN COAST

Idyllic beaches and aquamarine waters fringe Latin America's Caribbean coast.



2

## CHICHEN ITZA

An astonishing Mayan city of pyramids and temples basking in the Yucatán sunshine.



3

## GALAPAGOS ISLANDS

Get up close to curious sea-lions, languid iguanas and giant tortoises on a once-in-a-lifetime trip to the Galápagos.



4

## AMAZON

Delve into the rainforest on a variety of explorations from a comfortable lodge in Brazil, Peru, Bolivia, Colombia or Ecuador.



5

## MACHU PICCHU

Peru's legendary 'Lost City of the Incas', reached by train or by walking the Inca Trail, lives up to the highest expectations.



6

## LAKE TITICACA

The world's highest navigable lake supports a melting pot of Peruvian and Bolivian cultures.



7

## RIO CARNIVAL

The world's biggest party, held in what could well be its most beautiful city.



8

## IGUAZU FALLS

Straddling the Brazil / Argentina border, these vast and powerful waterfalls crash through dense subtropical jungle.



9

## ATACAMA DESERT

The world's driest desert is a haunting landscape of arid sands, geysers and unearthly wind-eroded rock sculptures.



10

## PATAGONIA

A dramatically beautiful wilderness offering unrivalled adventures into the great outdoors.



11

## EASTER ISLAND

Tiny Easter Island is famed for its groups of enigmatic Moai: the huge stone heads that watch over this remote island.



12

## ANTARCTICA

The world's last true wilderness; Antarctica's towering icebergs, jagged mountain peaks and vast glaciers are alive with wildlife.



DESTINATIONS

# CUBA





Steamy dance floors, the clink of rum glasses, feet tapping to a salsa beat. Vintage bikes, shiny Cadillacs, ox-driven carts carving a lonely path through tobacco fields. You'll be utterly beguiled by Cuba – beautiful, crumbling colonial towns lying among vivid natural landscapes, from sugary beaches to forest-shrouded mountains.

Cuba is unique from so many angles: a fusion of the joyously Caribbean with a Latin rhythm. Dive into its intoxicating blend of living art, revolutionary history, and sizzling creole cuisine.



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istock.com



## Cuba highlights

- 1 Viñales** Fairyland-pretty countryside is ploughed by ox-cart, and tobacco leaves are hand-picked in a timeless bucolic idyll.
- 2 Havana** A spontaneous city alive with music and chatter, a chaos of restoration sitting alongside forgotten decaying mansions.
- 3 Cienfuegos** A port with a history of piracy. A stylish French art deco legacy shelters animated Afro-Cuban clubs.
- 4 Trinidad** Cuba's musical heart is a baroque masterpiece – cobbled lanes with pastel-washed houses, ornate churches and palm-studded squares.
- 5 Santiago de Cuba** Cuba's anarchic Heroic City is a jumbled, feel-good place whose history gives rise to a laid-back African feel.
- 6 Baracoa** A remote, tropical, hill-fringed town, this quaint little settlement is a base for hiking.



Shutterstock.com

### “ WHAT YOU SAY

Really enjoyed all of it, especially Havana and Trinidad. Loved the music, the atmosphere and the people.

GG, Diss

### ♥ WHAT WE LOVE

Cuban beaches have it all. The northern Cayes are an excellent choice with tropical vegetation, exotic birds, coral reefs, white sands and turquoise waters with shallow areas great for kids.

Annerys Hockley



## Signature Cuba

18 days from £2,828pp

### DAYS 1-4

Stroll along the cobbles of Old Havana, music seeps out of every doorway and the narrow pastel-hued streets are clogged with bikes. Turn west to eco-friendly Las Terrazas and the Viñales valley, where farmers sit relaxing under shady trees smoking cigars.

### DAYS 5-12

Eastwards, the crumbling cities each have a story to tell. Wander the elegant French boulevards of Cienfuegos; in colonial Trinidad dancing and music continues into the early hours, while Camaguey is renowned for poetry and ballet and Santiago is a melting pot of Haitian and African motifs.

### DAYS 13-17

Drive east to the island's tip, call in at lazy Baracoa, and Gibara, a pretty port set among sugar fields on the craggy northeast coast, before departing from Holguin or add an extension, spending time in sun-kissed Guardalavaca.

### ♥ WHAT WE LOVE

The highlights were definitely riding in a convertible Cadillac and hitching a ride on a tractor in the hills.

Jim Ashworth



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### “ WHAT YOU SAY

In Havana we spent hours walking round both the old town and Vedado, which was totally fascinating. We saw groups of horsemen riding the wrong way down the Autopista!

RF, Henley-on-Thames



Paul Winrow-Giffin

Gibara



istock.com





Havana

## Some of our favourite experiences



### Sizzling salsa

Immerse yourself in the tropical rhythm of salsa, the seductive music and dance of the Latin Caribbean: watch extravagant tropical shows or even take a lesson.

### Drive old Cuba

Glide through city streets encased in the leather and chrome of a gleaming 1950s classic car for a nostalgic ride into the decadent, pre-revolutionary past.



### Hike to Fidel's hideaway

An evocative hike in the wild, remote Sierra Maestra leads you in the footsteps of a youthful Fidel Castro to his secret hideout.

### Stalk Hemingway

Discover the intoxicating minty flavour of Cuban mojitos on a bar crawl round the fabled old-city haunts of the grizzled US author.



### Home-cooking supreme

Dine in a friendly Caribbean-style family home to savour the tasty Cuban take on creole cuisine and juicy lobster dishes.

### Havana by bike

Cycle along the sun-streaked seaside malecón to its iconic, decaying fortress, cruising at the locals' own leisurely pace.



## SPEAK WITH AN EXPERT:

-  Visit our website [journeylatinamerica.co.uk](http://journeylatinamerica.co.uk)
-  Speak to an expert consultant on 020 8747 8315
-  Or email us at [tours@journeylatinamerica.co.uk](mailto:tours@journeylatinamerica.co.uk)



DESTINATIONS

# MEXICO



Tulum



Mexico's vast size promises stunning natural and cultural diversity. On display are the traces of the Aztec and Mayan empires, with magnificently sculpted pyramids and temples abandoned for centuries to a greedy rainforest. Ornate Spanish colonial towns dot the craggy mountainsides while the inviting white-sand coastline is lapped by azure seas.

Present day Mexico's capital is one of the world's greatest cities but the whole country bustles with indian markets, flamboyant fiestas, world-renowned cuisine and cutting-edge hotels.



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## Mexico highlights

- 1 Mexico City** The energetic capital is glamorous, extravagant, modest and always mesmerising with Aztec pyramids, an ornate Spanish cathedral and world-class museums.
- 2 Chiapas** Bohemian San Cristóbal de las Casas is a magnet for lovers of little bars and live music, while the surrounding rebellious Mayan villages give an insight into an age-old indian lifestyle.
- 3 Baja California** This peninsula of rugged, scorched desert is fringed by chalk-white beaches and aquamarine seas bursting with dazzling marine life.
- 4 Central colonial towns** A scattering of affluent Spanish silver towns attracts artists with their flower-filled plazas, ornate churches, pastel-washed mansions, colleges and frequent festivals.
- 5 The Yucatán Peninsula** This steamy Mayan heartland has many awe-inspiring abandoned temples and limestone pools, all embraced by tangled jungle.
- 6 Caribbean and Pacific coasts** The shimmering Mayan Riviera offers sunny beaches, water-sports and a backdrop of pre-Columbian ruins; the Pacific coast promises luxury hotels, whales and boat trips.



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## “ WHAT YOU SAY

Our highlights were: visiting Frida Kahlo's museum; the Rivera murals. Also making friends with Sonia our guide and all the Mexican people we met during the week.

HW, Sheffield

## ♥ WHAT WE LOVE

I love to visit the square, grab something to eat and watch the people around me play music, dance or share stories with friends and family. There's nothing quite like stumbling across an impromptu fiesta!

Konrad Mludzinski



## Signature Mexico

14 days from £2,439pp

### DAYS 1-3

Visit the teeming plazas of the capital, Mexico City. Everything is on a huge scale: the ornate palace, monumental cathedral, huge Diego Rivera murals, Frenchified boulevards and lazy parks – plus the sprawling Aztec ruins at Teotihuacán. You'll be awestruck.

### DAYS 4-7

Beyond the vertiginous landscapes of wild Sumidero canyon, you'll explore the galleries and leisurely cafés of mountain-set San Cristóbal, centre for the arts and innovation, but surrounded by fascinating, firmly traditional indian villages.

### DAYS 8-13

Turn back to the past to discover some of the Mayan Empire's most extraordinary ruined cities, where you can scramble amongst sculpted temples and towering pyramids which are engulfed by rainforest. Explore Palenque and the most spectacular sites in the Yucatán Peninsula. Wind down on the Riviera's palm-studded Caribbean beaches.

### ♥ WHAT WE LOVE

Pacific Puerto Vallarta makes a lovely change from the more touristy Caribbean coast. Explore the dramatic, jungle-clad coastline's sandy coves and beautiful beaches or wander around the colonial centre and experience traditional Mexican life.

Jamie Swan



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### “ WHAT YOU SAY

We loved the city of Merida and had a Sunday at leisure. Everything was very well planned by Sophie and we walked the Paseo de Montejo, visited the Museum of Anthropology, and had a late lunch in Santa Lucia Park watching the locals dancing.

AF, Merriot



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Campeche



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Mexico City

## Some of our favourite experiences



### Live the Day of the Dead

The photogenic Day of the Dead calls out ghoulish masked processions and animated music, while Mexicans hit the streets to remember their deceased loved ones. You're invited to join in.

### Savour the street food

Sample Mexico's ubiquitous tasty tacos and tamales at market stalls or take a cookery course to learn how to make them yourself.



### The Copper Canyon railway

Take in astounding views rising and descending on a train journey through the dramatic, fathomless canyon where mountain scenery is clad in snow-tipped pines, and stifling valleys are heaving with tropical fruits.

### Balloon above the ruins

Get a bird's eye view over the great pre-Columbian abandoned city Teotihuacán from a hot air balloon, gliding over palaces, pyramids and ball courts.



### Watch the whales

Take to a small boat from Baja California or the Pacific coast to view up close these massive, benign and curious creatures.

### Lucha Libre wrestling

Masked wrestlers show off amazing acrobatic skills to hold or throw their opponents. Get involved as the crowd cheers the heroes and boos the villains.



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-  Speak to an expert consultant on **020 8747 8315**
-  Or email us at [tours@journeylatinamerica.co.uk](mailto:tours@journeylatinamerica.co.uk)



# GUATEMALA



Antigua

Tom Parrott

## Guatemala highlights

Picturesque Guatemala lies at the heart of the Mayan world. Frequent exotic, colour-soaked festivals intertwine Christian motifs with the mysticism of old beliefs, and proud villagers lead an unchanging traditional lifestyle on pocket-sized farmsteads. Highland markets selling everything from incense to wooden masks are a kaleidoscope of colour, while gentle marimba music fills the colonial courtyards.

- 1 Tikal** Lofty pyramids punch through the jungle canopy in the vast, long-abandoned Mayan city.
- 2 Caribbean coast** Steamy tropical lowlands, overlooked by a vast Spanish fort, pulsate to an Afro-Caribbean beat.
- 3 Lanquín** Base for exploring coffee plantations, limestone caves and the cascading turquoise pools surrounded by lush jungle at Semuc Champey.
- 4 Antigua** A colonial gem dotted with shady plazas and courtyards bursting with bougainvillea, surrounded by smoking volcanoes.
- 5 Atitlán** The deep blue waters of Lake Atitlán are circled by towering volcanoes and its shoreline is pitted with ancient Mayan villages.
- 6 Western highlands** A wild, isolated region pervaded by ancestral customs such as a drink-fuelled, day-long horse-race.





## Signature Guatemala

12 days from £2,263pp

**DAYS 1-3** Wander the arty cobbled lanes of Antigua. The ruined churches, convents and monasteries attest the power of the volcanoes brooding over the city. Browse the boutiques and galleries, and drop in to one of the cosy cafés.

**DAYS 4-8** Atmospheric Lake Atitlán is fringed by kitchen gardens and emerald volcanoes casting shadows on the silvery waters. Take a boat trip to lakeside Santiago, an excellent place to buy authentic textiles. Continue into the mountains to the indigenous markets of the highlands; the lifeblood of remote communities. A living tableau of rural life, their stalls are heaving with produce traded by farmers congregating to swap village gossip.

**DAYS 9-11** Explore the vast complex of temples at Mayan Tikal, its pyramids shrouded in monkey-filled rainforest. The views from one of these ancient skyscrapers are unforgettable.



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### “ WHAT YOU SAY

Being in Antigua when they were having the Feria de las Flores made the city even more interesting and colourful. I would never have tired of the views of the sunsets and volcanoes in Atitlán.

KG, London

### ♥ WHAT WE LOVE

I stopped at Yaxha, an isolated and largely unexcavated Mayan site, enabling me to quietly enjoy the wildlife. Climbing the tallest temple, I was stunned by the views of the jungle and lagoon.

Annerys Hockley



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## Some of our favourite experiences



Konrad Mludzinski



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### Support a community project

Journey Latin America supports the Pintando el Cambio project, Lake Atitlán, where a community works together to create sustainable tourism, painting their houses in traditional designs. Ask us how you can help.

### Climb an active volcano

Rise from pine-forests to the summit of a fizzing volcano, climbing over lava flows and glowing blood-red embers for jaw-dropping views into El Salvador.

### Browse an open-air market

Streets come alive with commerce when Chichicastenango hosts Guatemala's largest open-air market. Stalls are piled high with rainbow-hued textiles, pottery, leather belts and flowers in a medley of mystical Mayan and Catholic influences.



# BELIZE



Lamanai ruins

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## Belize highlights

Awaiting exploration in this English-speaking corner of Central America are jungle rivers, mysterious caves, and bird-filled trails. Wildlife is rife throughout, with watchful jaguars inhabiting the forest. There are numerous jungle-caressed Mayan archaeological sites, now the home of iguanas and monkeys.

- 1 Caribbean Coast** Turquoise seas lap idyllic beaches, with coral reefs and wrecks harbouring a wealth of underwater life. The astonishing Blue Hole is a world-class dive site.
- 2 Mountains and jungle** The unspoilt interior has intricate, little-visited Mayan ceremonial sites; Wildlife sanctuaries sit beside sugar cane fields; leafy Mountain Pine Ridge offers active eco-adventures.
- 3 Toledo and the south** Dense rainforest canopies conceal caves and creeks, clear natural pools and waterfalls. On the coast the fishing port Punta Gorda is the launch pad for explorations.





## Signature Belize

12 days from £3,166pp

**DAYS 1-5** Head for the emerald hills of the interior, enveloped by tropical foliage. Visit the spooky ATM Mayan ceremonial caves, and consider a trip over the border to Tikal in Guatemala, where monkeys scurry around the towering pyramids of the abandoned city. Back in Belize, at Lamanai you can spot toucans at dawn, and enjoy sunset cocktails on the river.

**DAYS 6-8** Belize is famous for its eco-tourism and you'll stay at a lodge in the less-visited south where you can go kayaking, snorkelling, caving, and hiking. To meet local people, visit a welcoming Mayan or Garifuna community.

**DAYS 9-11** The wooden houses of Caribbean village Placencia are built on stilts among swaying palms rooted in powder-white sands. Indulge in a variety of water sports or go on a boat trip to seek out the elephantine West-Indian manatee.



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### ♥ WHAT WE LOVE

While glamping and kayaking in a really wild setting on a desert island, Glover's Reef, we felt as though we not only had our idyllic, palm-shaded, isolated camp to ourselves but the entire protected atoll in front of it.

Rafe Stone

### “ WHAT YOU SAY

On an early morning drive at Chan Chich, going round a bend we found a jaguar standing in the road ahead - a classic case of being in the right place at the right time.

CG, Poulton-le-Fylde



Belize Tourist Board

## Some of our favourite experiences



Belize Tourist Board

### Explore subterranean caves

Hike into the shadowy caverns, cross underground rivers and enter a giant chamber. Once the setting for Mayan religious ceremonies, it's stuffed with relics including ceramics and, gruesomely, skeletons.



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### The ultimate dawn chorus

The mind-boggling plethora of birds sheltering in the fertile greenery of Belize's pristine landscapes attracts bird lovers from all over the world. 605 species are on view, from tiny hummingbirds to majestic eagles.



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### Island glamping and snorkelling

Many of Belize's attractions are water-focussed, unsurprising given the huge coral reef offshore. Snorkel, dive or kayak in the clear aquamarine waters in the company of whale-sharks or rays.



# EL SALVADOR



Ataco

CATA

## El Salvador highlights

It's a tiny country of wild beauty with a bucolic rhythm and among the most welcoming people in Latin America. That's why, for some of us, it is our favourite. The gorgeous floral Ruta de las Flores splices a coffee-growing heartland and is home to peaceful colonial towns and cobbled lanes.



- 1 Suchitoto** This exquisite, flower-laden centre for arts and culture hosts internationally-renowned fiestas.
- 2 Parque El Imposible** This coastal range, the haunt of puma and eagles, has delightful walking trails.
- 3 San Salvador** The busy historic capital tells a tale of upheaval alongside artistic renovation.
- 4 Perquin** Once a hotbed of revolution it's now a peaceful town with an evocative war museum.
- 5 El Sunzal** A sweep of volcanic sand is thumped by Pacific waves beloved of surfers.
- 6 Gulf of Fonseca** Whales and dolphins play in this mangrove-fringed waterway peppered with picturesque islands.



## Signature El Salvador

11 days from £1,990pp

**DAYS 1-3** Peer into the crater of extinct El Boquerón volcano. Explore the fine pyramids of Mayan ceremonial centre El Tazumal, set among coffee and sugar cane plantations. Linger in a coffee shop at Ataco, a renovated cobbled town on the Ruta del las Flores, a road which isn't just scenically beautiful - dip into a cultural heaven of museums, crafts, floral displays and food fairs.

**DAYS 4-8** By kayak or bike, discover Jiquilisco Bay's creeks and mangroves a haven for birds and turtles. Sip from a coconut as the sun sets over a serene watery land. Boat over the Gulf de Fonseca and continue to Perquín to learn about the now resolved civil war, and visit Joya de Cerén, the Pompeii of the Americas.

**DAYS 9-10** Delight in the arty workshops of Suchitoto, the country's colonial gem. Return for a visit of San Salvador's historic centre.



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### “ WHAT YOU SAY

The people were amazing and I found the civil war history very moving. The celebrations for the festive season were like nothing I have ever experienced. I can still hear those fireworks now!

FL, Brierley Hill

### ♥ WHAT WE LOVE

On the Pacific coast I helped with the release of some new-born turtles into the sea. It was very emotional to see them take their first steps to reach the water.

Lina Fuller



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## Some of our favourite experiences



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### Make your own pupusas

In pretty colonial Conchagua, on the flanks of a volcano, a local cook will help you prepare, cook and devour El Salvador's national dish, the pupusa, or cheese-filled tortilla.



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### Summit a volcano

Views of three volcanoes appear through gaps in the foliage: trek through the clouds to enjoy heady views from the summit of Santa Ana, the highest of the coastal range.



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### Coffee from bean to cup

On a coffee plantation on the Ruta de las Flores, discover how coffee is produced by age-old traditional methods and enjoy a delicious cup of the aromatic finished product.



# HONDURAS



Macaw

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## Honduras highlights

Considered by many as the ultimate banana republic, Honduras also has beautiful national parks protecting flowering, bird-rich rainforest, deep river canyons and waterfalls. Discover prolific marine life in the Bay Islands off the mainland's palm-whispered Caribbean coast, and explore ruined Mayan cities in the heart of the jungle.



- 1 Copán** The craftsmanship of the lavishly sculptured Mayan ruins here has survived the assaults of time and the tentacles of a rapacious jungle.
- 2 Roatán** An idyllic Caribbean island fringed by white beaches and lapped by warm, glass-clear waters, with coral reefs teeming with marine life.
- 3 Pico Bonito** This tropical national park, criss-crossed by walking trails shelters rainforest, creeks and canyons cut through by sparkling rivers and waterfalls.



## Signature Honduras

### 10 days from £2,253pp

**DAYS 1-4** Travel through coffee and tobacco plantations to Copán ruins, a quaint colonial town hosting some of the most elaborately embellished pre-Columbian ruins in the Americas. The intricate carvings narrate the battles fought, and the fate of the enemy. In the jungle nearby you'll be dazzled by the bright flash of a macaw's wings.

**DAYS 5-7** Inland from the coast, at Pico Bonito National Park, hundreds of tropical bird species are protected. From your eco-lodge you can explore sun-dappled trails at dawn or dusk with a soundtrack of birdsong, or go white-water rafting on a wild river.

**DAYS 8-10** By boat to Caribbean Roatán island, where world-renowned dive and snorkelling sites dot the surrounding azure waters. Spy out the hammerhead sharks, rays, turtles and tiny seahorses which frequent the coral reef. You can kick back on powdery sands, and enjoy the laid-back Afro-Caribbean culture of lobster and calypso.



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### “ WHAT YOU SAY

Copán is a marvellous site with carved stone in good condition. There's also stunning birdlife, including macaws and parrots. We were also taken to the less visited Sepulchre site to the south of the main site.

RT, Westbury

### ♥ WHAT WE LOVE

The day I discovered the beauty of our oceans is the day when I entered the blue waters in Roatán. There I learned to dive and discover how fascinating the coral reef really is.

Lina Fuller



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## Some of our favourite experiences



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### Live a timeless idyll

In the rugged, warmly forested hills around Pico Bonito, isolated rural communities lead a slow-paced way of life – watch horse-and-carts ply the gravel roads, and tiny farmsteads where families are oblivious to the goings-on of the outside world.



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### Life with the Mayans

Copán will wake you up to the lifestyle of the Mayan Empire, which seems eager to tell its story. Marvel at the hieroglyphic stairway and the ball courts where ritual sports sealed the fate of sacrificial victims.



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### Beachcombing the Caribbean

All along the sultry Caribbean coast you can discover divine palm-fringed beaches, and meet small communities of Garifuna (descendants of African slaves and indigenous tribes) along with a swashbuckling history of piracy.



# NICARAGUA



## Nicaragua highlights

The fuming volcanoes mirror the political upheavals which have kept Nicaragua a little known destination. But that's what makes it so alluring – the lyrical, unchanging rural lifestyle of the coffee hills; the primitive art of Lake Nicaragua's rebellious Solentiname islands; the most bird-prolific nature reserves in Central America.

- 1 Granada** Explore the romantic and beautifully-restored lakeside colonial city, by horse-drawn carriage.
- 2 Ometepe Island** A scenic laid-back island formed of twin volcanic peaks that rise from the vast metallic-blue waters of Lake Nicaragua.
- 3 Rio San Juan** The wildlife-rich jungle borders this river which flows from Lake Nicaragua to the Caribbean Sea.

- 4 Leon** Crumbly churches and walls adorned with revolutionary murals, offset by the city's lively nightlife.
- 5 Pacific Coast** San Juan del Sur is a surfers' paradise, where turtles nest undisturbed on golden sands.
- 6 Corn Islands** The mellow, English-speaking Afro-Caribbean islands offer a relaxed, homely beach scene and fresh lobster.





## Signature Nicaragua

10 days from £2,245pp

- DAYS 1-3** You'll travel by road and river to El Castillo, a remote and quirky waterside village dwarfed by the huge Spanish hilltop fort once captured by Nelson. Go caiman-spotting in the surrounding rainforest.
- DAYS 4-7** Explore the magical region: stroll past the aristocratic mansions in Spanish Granada, and pause to people-watch at the city's social hub, Parque Central. Take a small boat and snake between watery islets, before a ferry-ride to the remote Ometepe Island. Listen to the howler monkeys; discover pre-Columbian petroglyphs and relish the peaceful rural lifestyle that has changed very little for centuries.
- DAYS 8-10** Rebellious but stately Leon's colonial churches are in abundance. Climb a bell tower for a rooftop view or join the artists, poets and students for drinks in the boisterous bar scene.



### “ WHAT YOU SAY

Our highlight was seeing the crater of Volcan Masaya at night. The red fire was like staring into the gates of hell – an absolutely amazing sight.

IM, Andover

### ♥ WHAT WE LOVE

For me, a bird-lover, the Refugio de Vida Silvestre Los Guatuzos was heaven. The butterfly farm, caiman and turtle refuges, trails and canopy walkways were a delight. On the boat ride we identified over 40 out of the 389 bird species thriving there.

Ileen Baiden



## Some of our favourite experiences



### Sunset kayaking

The metallic waters of Lake Nicaragua are transformed at sunset into a palette of crimsons and golds. Kayak through this serene dusk setting with only bird calls to interrupt the silence.



### Peer into a volcanic crater

Volcanoes are impressive from afar, but for a heart-pumping experience venture to its peak and peer into the fiery crater. You might also sandboard speedily down the ash-strewn slopes.



### Meet a revolutionary

Many people you come across have a story to tell about the tumults of the past 30 years. Your guides help you understand the complexities.



DESTINATIONS

# COSTA RICA

Monteverde cloud forest



Costa Rica is a treasure trove for nature-lovers and an adventurer's playground. Known for their professionally-run national parks, they proudly protect their precious landscapes of volcanoes, mountain cloud forests, rainforests, savannahs and wild jungle-fringed beaches, all of which are teeming with bird and animal-life. Plantations of its world-famous coffee blanket the sunny slopes while trees laden with orchids are home to quetzals, trogons and hummingbirds.

Costa Ricans are open and charismatic, with a cheerful Latin personality – meaning you are sure to make new friends here.



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## Costa Rica highlights

- 1 San José** In the modern capital there are good museums, parks and restaurants. Smouldering volcanoes are close by.
- 2 Monteverde cloud forest** Hummingbirds and exotic tree frogs thrive among mossy trees and misty ferns, fluttering over colour-splashed orchids.
- 3 Arenal volcano region** Surrounded by lakes, rivers and waterfalls, it's popular among adventure enthusiasts, with zip-lining and water-rafting.
- 4 Pacific coast** Ocean rollers pound beaches fit for surfing, while sheltered bays chatter with the rainforest's creatures.
- 5 Osa Peninsula** Prolific wildlife in shallow lagoons, mangrove swamps, rivers, rainforest and untouched stretches of pristine beaches.
- 6 Caribbean and Tortuguero** The Afro-Caribbean southern beaches are folksy and laid-back. Tortuguero National Park is a sanctuary for nesting turtles.



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### “ WHAT YOU SAY

So hard to pick out a single highlight, but the two river wildlife trips and the friendly nature of everyone was unique. Also having the wildlife right on our doorstep at each accommodation was very special.

SY, Solihull

### ♥ WHAT WE LOVE

In Sarapiquí we saw loads of birds, including a yellow-throated toucan eating a snake and an owlet jump out of its nest! Always plenty of drama in the forest...

Hannah Waterhouse



## Signature Costa Rica

13 days from £3,344pp

### DAYS 1-4

Plunge in to a vibrant natural world at Corcovado National Park on the Osa Peninsula's wild Pacific coast. Look out for scarlet macaws, howler monkeys and toucans while on a guided walk, waterfall rappelling or zip-lining through the jungle canopy.

### DAY 5-8

Monteverde Cloud Forest Reserve lies over rolling hills cloaked in mist-soaked tropical foliage where you can spot sloths, monkeys and tropical birds – with luck, the bright iridescent red and green plumage of the country's iconic quetzal. Take a boat trip across sparkling Lake Arenal, reflecting its colossal ash-mantled volcano – explore, and relax in steaming thermal pools.

### DAY 9-13

On the Caribbean coast, turtle sanctuary Tortuguero National Park's sinuous creeks are explored from the water – you'll be taken aback by the myriad creatures in the mangroves. End your adventure further south on a sugary-palm beach.



### WHAT WE LOVE

Take your car and get away from the sometimes busy tourist hubs, where you can still find hidden gems to enjoy the authenticity of Costa Rica. I found this the perfect way to visit beaches, wildlife and adventure in easy striking distance.

Paul Winrow-Giffin



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### “ WHAT YOU SAY

The whole trip was really enjoyable, the amount of wildlife (turtles, crocodiles, armadillo, anteater, monkeys) and scenery we saw met all expectations. All well organised.

HT, Cardiff



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Arenal



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Red-Eyed Tree Frog

## Some of our favourite experiences



### Canopy adventures

In a conservation-friendly country well set up for active adventures, choose between flitting over the canopy on a zipline eye-to-eye with tree-top wildlife or swaying over a bubbling creek on a hanging bridge.

### River raft to your hotel

Pass waterfalls cascading into the river from steep rock faces above while spotting birds flying overhead – before a rushing sound preludes the rapids ahead, as you approach your riverside lodge.



### See nesting turtles

Whether you watch giant female turtles crowding the beach to lay their eggs or palm-sized babies emerging and courageously dashing into the sea it's an extraordinary moment.

### Kayak through the mangroves

Glide over silent waters among the spindly, grasping roots of twisted mangroves and spot white-faced monkeys, anteaters, sloths, tree iguanas and caiman, whilst colourful tropical birds fly overhead.



### Quetzal spotting

Shady, dripping cloud forest is the habitat of the resplendent quetzal, whose brightly coloured plumage will leave you in awe. Worshipped by Aztecs and Mayans, it's justifiably the country's best-loved bird.

### Soak in volcanic hot springs

In a natural river gorge, free-flowing pools connected by rippling waterfalls are encircled by overhanging trees, vines and ferns: an idyllic setting for a dip in undisturbed tranquillity.



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# PANAMA



San Blas Islands

## Panama highlights

Panama, the bridge between the Americas, is home to the vast Panama Canal which links the oceans. You can visit some of nature's richest forests which teem with wildlife and luscious plants. The capital city is one of the world's most cosmopolitan, while the pearl-white beaches remain undeveloped.

There are plenty of remnants of a wild history of piracy: colonial forts, shipwrecks, cannons and towering city walls tell a colourful story.



- 1 San Blas** This archipelago of 400 white-sand coral islands is home to the autonomous Guna Yala indians.
- 2 Panama Canal** A colossal project with its formidable locks and museum is a must-see for all visitors.
- 3 Panama City** Casco Viejo's colour-splashed Spanish colonial streets are alive with cocktail bars and live music.
- 4 The Pacific coast** The beach-fringed Azuero Peninsula is dotted with sleepy country towns and cattle ranches.
- 5 Boquete** Rugged mist-shrouded volcanoes, cloud forest and boulder-strewn rivers create a dramatic landscape.
- 6 Bocas del Toro** Isolated, pristine Afro-Caribbean islands of mangroves and coral reefs burst with marine life.



## Signature Panama

### 10 days from £1,997<sub>pp</sub>

- DAYS 1-3** Explore Panama City, where soaring skyscrapers are the backdrop to forts, Spanish convents and sumptuous French-style mansions, reminders of its colonial heyday. The bubbly population loves a fiesta, pavement cafés are heaving, the harbour-side fish market buzzing. Then it's all aboard to rise and fall through the locks of the jungle-fringed Panama Canal.
- DAYS 4-5** The cloud forests in the Chiriquí highlands have a different feel. Go quetzal-spotting, stroll through verdant coffee plantations, dip into an active adventure by zip-line or hanging bridge.
- DAYS 6-10** With rocky outcrops and reefs ideal for snorkelling and diving, Bocas del Toro is a marvellously laid-back hang-out. The islands shelter profuse wildlife – tropical birds, frogs and butterflies – and are blessed with golden sunsets. Spot more rainforest creatures back at Soberania National Park close to the capital.



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### “ WHAT YOU SAY

My highlight was going through the Canal to explore Panama City and the surrounding area. I was surprised to find that there is more to Panama than just the Canal Zone.

MM, Haverhill

### ♥ WHAT WE LOVE

Hiking the Ruta de la Quetzales through the Parque Nacional Volcan-Baru, home to 280 species of bird and six different microclimates, was definitely worth the effort to appreciate the magnificent views of the volcano.

Paul Winrow-Giffin



Antoon Expedition

## Some of our favourite experiences



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### Transit the Panama Canal

From your vessel, negotiate the Canal's giant locks and pass through Lake Gatún where rainforest birds and monkeys gather in frenzied numbers.



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### Indian encounters

Visit the Guna indigenous communities leading a communal lifestyle from their bamboo, palm-thatched homes, living from fishing and farming. The Emberá indians of Rio Chagres are famed for their basket weaving.



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### Watch the whales

The Pearl Islands are a prime site for whale watching – they congregate here to breed and give birth. On a boat trip you can observe these huge and dignified creatures up close.



DESTINATIONS

# COLOMBIA



Fruit seller, Cartagena



Colombia has the most dramatic scenery, the greatest variety of flora and fauna, and the friendliest people in Latin America. Andean peaks rake the skies above an apron of coffee plantations, giving way to virgin rainforests. Caribbean waters lap white sand beaches, pre-Conquest ruins and exquisite colonial cities dot the landscape and whales breach off the Pacific coast.

The atmospheric towns and cities resonate with joyful salsa. Cocktail bars, impromptu bands and extravagant street art are symptomatic of the country's new-found peace.



## Colombia highlights

- 1 Bogotá** A historic capital with excellent museums, colourful colonial centre and trendy neighbourhoods dotted with glamorous restaurants, bars and boutiques.
- 2 Cartagena and Caribbean** The romantic walled city of flower-decked balconies sits beside jungle-blanketed Tayrona National Park's golden palm-shaded beaches.
- 3 Coffee region** Lush, green mountains envelop coffee plantations and brightly-painted villages. Savour the delicious products on a traditional estate.
- 4 Highlands** Dissected by rivers they host delightful colonial towns such as Villa de Leyva, and the newly transformed city of Medellín.
- 5 The llanos** Tropical prairies, which morph into shimmering wetlands after rain, seethe with a breath-taking profusion of wildlife.
- 6 Colombian Amazon** River port Leticia and nearby indian settlements are isolated but super friendly. View pink dolphins here.



### “ WHAT YOU SAY

Medellín was amazing. Everything about it. Overall the meals were excellent. The people are very friendly and helpful everywhere.

MC, Purley

### ♥ WHAT WE LOVE

Seeing first-hand the remote jungle community of Puerto Nariño's conservation efforts was inspiring. With no cars and minimal light pollution, the Amazonian night skies burst with stars above the rainforest canopy.

Annabel Kemp



## Signature Colombia

11 days from £2,426 pp

### DAYS 1-4

Having explored the lanes around Bogotá's vast Plaza de Armas head out of town via Zipaquirá's spell-binding underground salt cathedral to the charming colonial town Villa de Leyva, with whitewashed houses draped with flowers. Go horse-riding in the hilly countryside or visit the site of an extraordinary giant fossil.

### DAYS 5-8

Travel to the exquisite coffee-blanketed slopes of the western Andes, and take to the walking trails or whizz through the canopy on a zip line. Butterflies and orchids are plentiful here. The play-box coloured houses of cobbled towns Salento and Filandia will enchant.

### DAYS 9-10

Move on to Caribbean Cartagena, which dances to a different beat – the Afro-influence is paramount here. Walk the city ramparts, built to repel pirates. Take a boat trip out to the sun-kissed Rosario Islands.

### ♥ WHAT WE LOVE

Visiting Comuna 13 in Medellín is a must – once controlled by narcos, it's now regenerated and has some of the best street art I've seen, each one with its own story of the turbulent past.

Sophie Barber



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### “ WHAT YOU SAY

Visiting the coffee region we found relaxing and enjoyable, especially learning about coffee and cocoa production. Also, seeing all the beautiful birds and flowers.

CTR, London



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Bogota

Tom Parrott





Islas de Rosario

## Some of our favourite experiences



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### A big welcome

The friendliness of the people is epic. Meet hipsters in Bogotá, cowboys in the savannah, artistic Amazonian indians and smiling coffee farmers.



Caroline Maber

### Wildlife safari by horse

From the saddle of a horse and with a cowboy guide, you could see monkeys squabble in the canopy, alligators sprawl on watery beaches, giant capybara roaming the paddy fields.



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### A transforming city

Medellin is fast becoming a centre for gastronomy, sculpture and social regeneration. Explore its arty neighbourhoods by cable car, and discover how the city is reinventing itself through the eyes of its charismatic people.

### Three nations of the Amazon

Set foot in three countries where Colombia meets Peru and Brazil. From Leticia's endearing port take a boat ride down a Peruvian creek, finish with a sunset caipirinha cocktail.

### Bean to brew – coffee zone

On a guided tour of a traditional estate you'll learn how coffee is produced in Colombia's green hills adorned with lofty wax palms.

### Charismatic towns

Visit historic colonial ports on the mighty river Magdalena, notably colour-washed Honda and Mompox. Buried in the mountains are cobbled Barichara and Villa de Leyva.



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# GUYANA, FRENCH GUIANA AND SURINAME



Kaieteur Falls

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## Highlights

These outposts of British, French and Dutch colonisation have a medley of personalities you can revel in – Caribbean, Amerindian, even Chinese. All have untouched Amazonian rainforest and savannah hinterlands with rivers sheltering giant otters and bird-flecked waterfalls.

- 1 **Kaieteur Falls** A massive drop of foaming water five times higher than Niagara thundering through tropical rainforest.
- 2 **Iwokrama rainforest** This huge area of rainforest is a haven for wildlife including tapirs, harpy eagles, reptiles, exotic birds, monkeys and jaguars.
- 3 **Rupununi savannah** Bird-rich prairies inhabited by anteaters and storks are cut through by rivers teeming with caiman and otters.
- 4 **Paramaribo** Suriname's capital is a cultural mélange with mosques, churches and synagogues and is renowned for its ornate wooden Dutch colonial buildings.
- 5 **Kourou** The French space centre on the Caribbean coast launches several rockets per year.





## Discovering the hidden Guianas

15 days from £5,217pp

**DAYS 1-5** Explore Dutch Suriname's capital Paramaribo, soaking up a small-town atmosphere with its vibrant fusion of Dutch/indigenous/African architecture and street life. Head inland by canoe to jungle-fringed Danpaati river and visit a village inhabited by Maroons; descendants of African slaves.

**DAYS 6-8** Visit the space station's mammoth facility in French Guiana then move on to discover Devil's Island, which hosted the notorious penal colony; wander the cells reclaimed by voracious vegetation.

**DAYS 9-14** In Guyana, the plantation-style capital Georgetown is a gem. Head into the wild interior of jungle-clad hills and grasslands: flying over giant Kaieteur Falls is a real thrill, while in Iwokrama you'll view the rainforest canopy wildlife from a high-level walkway with the howler monkeys. Climb Surama mountain to spot birdlife, and seek out curious otters on Burro Burro river.



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### “ WHAT YOU SAY

As someone who likes to wander, there was enough free time to explore independently. Stumbling across Chinese celebrations in Paramaribo was an unexpected highlight.

AB, Cardiff

### ♥ WHAT WE LOVE

An opening emerged through the greenery and there was the Kaieteur Falls, thundering away. The pilot did a couple of loops to help us take photos.

Konrad Mludzinski



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## Some of our favourite experiences



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### Visit space centre Kourou

Be amazed by a guided tour of the futuristic European Space Agency launch centre. You'll be ultra-lucky if you're around when one of the Ariane-5 rockets lifts a satellite into space.



Konrad Mludzinski

### Fly over Kaieteur Falls

An incredible experience, powered by the lack of human impact – the view is one of untarnished natural beauty, unchanged since it was discovered by the outside world over 150 years ago.



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### Seek out a harpy eagle

Guyana is a birdwatcher's dream. Spotting the harpy eagle's distinctive crown of feathers is a privilege, but you'll find other vivid species – cock-of-the-rock, pompadour cotinga – equally stunning.



DESTINATIONS

# ECUADOR AND THE GALAPAGOS ISLANDS



View of Cotopaxi from Quito, Ecuador



Ecuador embraces a battalion of snow-smothered Andean volcanic peaks, luscious Amazon rain and cloud forests and wild golden-sand Pacific beaches. Everywhere feels remote but is easily accessible. Embedded in the velvety landscapes are colonial towns, historic haciendas and quaint indigenous villages where you can soak up a traditional atmosphere.

1,000km off the mainland coast the lava-strewn Galápagos Islands are home to an extraordinary array of impressive creatures – get up close to giant tortoises, albatrosses, sea-lions, boobies and more.



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## Galápagos Islands

6

Distance to mainland: 1,000km

Pacific Ocean

Colombia

Ecuador

Peru

## Ecuador and the Galápagos highlights

- 1 **Quito** The Andean capital's historic centre is crammed with cobbled lanes, whitewashed façades and scrubbed up baroque churches.
- 2 **Mindo and northern Andes** The cloud forests of Mindo are a bird-watcher's dream; craft villages dot the countryside around Otavalo market.
- 3 **Avenue of volcanoes** A chain of snow-capped cones frame colonial estates where cattle graze, and cobbled trails are shaded by eucalyptus.
- 4 **Cuenca** This stately colonial city is an artisan craft centre famed for the Panama hat, which originated here.
- 5 **Amazon** Highland moors fall away to exuberant Amazonian jungle speckled with remote indian communities.
- 6 **The Galápagos Islands** The clutch of volcanic islands hosts a phenomenal array of diverse bird, reptile and marine life.



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### “ WHAT YOU SAY

Snorkelling with penguins, turtles, sea lions and marine iguanas was unbeatable.

DJ, Saltash



### WHAT WE LOVE

One of my favourite Ecuadorian treks is the Quilotoa Loop, a spectacular walk at almost 4,000m around the entire rim of a volcano. The views into the caldera lake were stunning.

Jamie Swan



# Signature Ecuador and Galápagos

## 16 days from £6,611pp

### DAYS 1-4

Explore the renovated cobbled centre of the 16th century capital and hit the road north to the indian mountain market town Otavalo, where stalls are laden with tapestries. From your hacienda, climb to a cobalt blue crater lake.

### DAYS 5-9

Travel down the Avenue of Volcanoes to marvel at the perfect cone-shaped Cotopaxi volcano, capped with shimmering ice and surrounded by flowery highland moors. Drop in at indian villages and board a train to chug down the precipitous Devil's Nose towards Cuenca.

### DAYS 10-15

On a small motor yacht, cruise around the Galápagos Islands, to view up close the unique wildlife which thrives among the lava fields: giant tortoises, marine iguanas, penguins, frigate birds, waved albatross and blue-footed boobies stand out.



Tren Crucero

### “ WHAT YOU SAY

Everything about our Galápagos cruise was brilliant. The cabin was spacious, staff were excellent and the guide was superb. The little touches were really appreciated. Food was very good and very plentiful.

CD, Ilkley

### ♥ WHAT WE LOVE

My favourite island is Isabela with five active volcanoes, the most extensive wetlands of the archipelago, and a glorious beach. I walked past giant tortoises, snorkelled with turtles and kayaked alongside rays.

Sophie Barber



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South Plaza, Galápagos Island



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## Some of our favourite experiences



### Self-drive to the Amazon

You don't have to fly – you can descend by a quiet road from the spiky high Andes through hummingbird-filled cloud forest to the succulent jungles of the Amazon.

### Explore Galápagos

From a motor yacht, hotel or tented camp, discover the Galápagos National Park's untouched beauty. Climb an ashy volcano, rub shoulders with giant tortoises, spot playful sea-lions in limpid seas.



### Walk the volcanoes

The Andean volcanoes have remarkable hiking trails, from modest strolls around crater lakes to crampon-clad ascents of the highest peaks – frosty landscapes are soothed by the golden rays of the sun.

### Jungle immersion

Explore from a rainforest lodge, take a river cruise, go rafting, or camp: all great ways to discover the secrets of the Amazon and visit its remote indigenous communities.



### Watch the wildlife

From snorkelling with a whale shark in the Galápagos to bear-sleuthing in the Andes and cock-of-the-rock spotting in the cloud forest, you'll be elated by the theatre of wildlife on display.

### Learn an artisan craft

Andean craft villages have kept their ancient skills going over the centuries. Learn from the masters how to weave a colourful carpet, polish a leather bag or bake a bread figurine.



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DESTINATIONS

# PERU



Machu Picchu



Sublime ice-carved mountains, prolific wildlife from condors to jaguars, Inca temples and fortresses perched above fruitful valleys, a desert coastline etched with the symbols of mysterious civilisations, cities of Spanish colonial grace – Peru has more than its fair share of treasures.

But modern day culture is thriving too. Don't miss a pisco sour in one of Lima's stylish bars or a locally-inspired meal in a world-class restaurant. The markets, joyous music and fiestas just add to the colour.



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## Peru highlights

### 1 Peruvian Amazon

Discover the rainforest's magic, its abundance of exotic birds, monkeys, alligators and flowering tropical plants.

### 2 Northern Peru

Colonial Trujillo sits beside the adobe pyramids of Chan Chan. Venture up to mountain-top temple Kuelap and thundering Gocta Falls.

### 3 Cusco and Machu Picchu

Baroque façades jostle with Inca walls in Andean Cusco. Inca citadel Machu Picchu embellishes a rainforest-clad mountain.

### 4 Paracas and Nazca

Sea-lions and pelicans flock to the desert peninsula; inland the Nazca Lines are huge pre-Inca geometric figures.

### 5 Colca Canyon and Arequipa

At the foot of a volcano sits the pearl-stone city Arequipa, whilst condors glide overhead in Colca canyon.

### 6 Lake Titicaca

Sapphire waters shelter the floating Uros reed islands, pre-Inca funeral towers are perched at Sillustani above timeless shoreline villages.



Ben Line

## “ WHAT YOU SAY

It was all very well constructed. Favourite parts were the floating islands, the nocturnal canoe trip and the trek to Machu Picchu. Organisation was brilliant and it all hung together very well. Thanks!

AMW, Letchworth



## WHAT WE LOVE

Ayacucho, a little-visited but divine colonial city with over thirty churches, took me back to the Peru of my youth, a pre-internet era of gentle exploration on unpaved roads.

Isabelle Mazille



## Signature Peru

14 days from £3,656pp

### DAYS 1-5

Explore imperial Lima, its regal palaces and colossal churches, sculptured parks and pulsating Pacific-side nightlife. Arequipa, with its flowery plazas, secretive convents and shady lanes has a mellower vibe. A volcanic Andean drive delivers you to Colca Canyon, with its elaborate terracing and traditional communities.

### DAYS 6-8

By road to the shores of shimmering Lake Titicaca, where you stay with Andean villagers for a taste of rural life, and visit the reed-built Uros islands.

### DAYS 9-13

Cross the llama-flecked Altiplano and grain-laden Urubamba valley to Cusco, Latin America's crown jewel, crammed with baroque churches, monumental Inca walls, fruit-laden markets and cocktail bars. Beyond, meet the skilled weavers of the Sacred Valley and continue to the pinnacle of Inca achievement, evocative Machu Picchu, bedecked with terraces and temples.

### ♥ WHAT WE LOVE

The golden sands of Mancora are more than just a relaxing surf-friendly Pacific beach – we saw whales, crocodiles lazing in the mangroves, horse-riders and turtles, while there are plenty of bars and entertainment in the small town.

Konrad Mludzinski



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### “ WHAT YOU SAY

I really liked the variety on this trip – amazing culture, history, nature all in one holiday. Machu Picchu tour was great; excursions in rainforest were very memorable.

MG, Hampton



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Lake Titicaca



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## Some of our favourite experiences



### More than Machu Picchu...

The pre-Columbian heritage is an embarrassment of riches, and there are multiple ways to discover them. Trek to a lost fortress at Choquequirao, clamber among Inca aqueducts, drive to the Moche mummies at Sipán.

### Outdoor adventures

Exhilarating day walks, longer treks with camping under the stars or comfortable fire-lit lodges, breath-taking white-water rafting, gentle horse-riding and cycling are thrilling ways to explore the Andes.



### Sleep on a floating island

A village of reed structures floats upon Lake Titicaca, with a church, a school, simple restaurants and a football pitch. Set foot on the spongy surface and overnight there to witness the islanders' unique way of life.

### Peruse a traditional market

Haggle for handicrafts at Chinchero's Sunday market, a busy hive of commerce and local colour. It's not just for the tourists – indians barter upland potatoes with tomatoes from the warmer valley below.



### A foodie paradise

Peru's gastronomy is a sensual delight. From sophisticated top-class restaurants to ceviche bars and chocolate, coffee and pisco tasting you can savour the best of Latin American cuisine.

### Wildlife wonderland

Seek out a spectacled bear, fish for piranhas from a canoe, spot pink dolphins on a luxurious Amazon cruise, watch condors soar above vertiginous canyons, admire the cock-of-the-rock performing its mating ritual.



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# BOLIVIA



Uyuni Salt Flats, Bolivia

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## Bolivia highlights

Dramatic lunar landscapes, subtropical valleys and florid costumes make Bolivia a captivating land of variety. Age-old communities live at a pace dictated by the harmonies of the pan pipe, watchful llamas stride mountain-fringed plains and colour-soaked markets resonate with enchantment.

- 1 Amazon** The lush bio-diverse rainforest shelters ancient tribes and spectacular wildlife spotting.
- 2 Lake Titicaca** A spectacular mountain backdrop offsets the sublime deep-blue lake; home to highland cultures.
- 3 La Paz** A jumble of brick homesteads, elegant colonial houses and glittering skyscrapers stride down the canyon beneath an ice-capped cordillera.
- 4 Bolivian Oriente** Eastern Bolivia is home to prosperous Santa Cruz, restored Jesuit missions and the Che Guevara Trail.
- 5 Sucre and Potosí** Graceful Sucre contrasts with formerly grandiose Potosí on the chilly altiplano.
- 6 Uyuni** A surreal lunar landscape of sun-blistered salt flats, steaming geysers and emerald lagoons.





## Signature Bolivia

### 14 days from £3,872pp

**DAYS 1-5** Explore prosperous Santa Cruz, a dynamic city forged from oil and trade. Head into the hills to summer-cool Samaipata, then follow in the footsteps of Guevara along the canyon-fringed Ruta del Che and on to sunny, cloistered Sucre. Among the sedate churches of Potosí, surrounded by mine-burrowed hills, you'll view the treasures of the former Imperial Mint.

**DAYS 6-9** An ethereal atmosphere pervades the dazzling Uyuni salt flats, scoured by bitter gales, where cut-glass lakes reflect the vast dome of an icy sky. Glide over them by four-wheel drive.

**DAYS 10-13** Experience the contrast of traffic-stifled La Paz, with its warren of overlaid street markets, followed by a scenic drive framed by icy peaks leading to mystical Lake Titicaca and its sunny islands.



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### “ WHAT YOU SAY

At the salt flats, the lack of tourists during the long drive was something else. We saw hardly any other people at the attractions we stopped at. At some places we were the only people. Truly magical.

ND, London

### ♥ WHAT WE LOVE

I was fascinated by the variety of goods at La Paz's markets, especially the unique talismans and trinkets at the witches' market. After a day of souvenir shopping I revived myself with an ice cold Paceaña beer.

Kathryn Rhodes



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## Some of our favourite experiences



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### La Paz by cable car

Zip over the maze of streets in a gondola suspended in the ice-clear air – gaze over leafy plazas and look into simple adobe homes and luxurious mansions alike, it's a level playing field from the air!



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### Amazon surprise

A sunset canoe ride on the serene waters of Lake Chalalán in the parrot-chattering rainforest introduces you to gangs of monkeys, prehistoric birds and a congregation of alligators.



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### Stay on a Titicaca island

Feel the magic on the vehicle-free Island of the Sun, birthplace of the Inca Sun God. Quiet paths offer panoramic views of the lake's sapphire surface.



DESTINATIONS

# BRAZIL



Rio de Janeiro



Whether it's the tribe of chattering monkeys atop Rio's Sugar Loaf, hilltop baroque churches of Ouro Preto, a languid anaconda spotted at dusk in the Pantanal or the ornate, dusky pink Opera House in Manaus, Brazil will amaze you. Take time to absorb the magic of the tropical rainforests and the samba, football and carnivals of the vivacious cities.

Lesser-known highlights delight as well: the dramatic canyons of the south and exquisite blue Portuguese tiles in the unreconstructed port of São Luis in the north.



## Brazil highlights

- 1 **The far north** Lençóis Maranhenses National Park has a surreal, shifting landscape of rippling sand dunes, pitted with aquamarine lagoons.
- 2 **Brazilian Amazon** The green heart of Brazil shelters sharp-toothed piranhas, pink river dolphins and secretive Amazonian communities.
- 3 **Pantanal** A wildlife lover's paradise, these vast wetlands support a multitude of anteaters, caimans, macaws, giant storks and rosy spoonbills.
- 4 **Iguazú Falls** Hundreds of foaming veils of water crash over a lofty cliff through a tangle of tropical rainforest.
- 5 **Rio de Janeiro** The effervescent city mesmerises with its sporty golden beaches, palm-studded parks, stately architecture and world-famous views.
- 6 **Bahia** Exuberant and exotic Salvador, the heart of Afro-Brazilian culture has a hiker's rugged hinterland and an apron of dreamy beaches.



### “ WHAT YOU SAY

The whole trip was memorable because it was one fantastic adventure in four parts. We absolutely loved the stays in the Amazon and the Pantanal. We saw and experienced great things and have so many lovely memories.

GHS, Iver

### ♥ WHAT WE LOVE

We took a dawn canoe trip from our lodge in the Pantanal to be greeted by a family of giant river otters who joined us to celebrate the sunrise – it was unforgettable.

Laura Rendell-Dunn



## Signature Brazil

12 days from £3,172<sub>pp</sub>

### DAYS 1-3

Dive in to joyous Rio de Janeiro, where glamorous apartments fringe the glossy beaches, a lively colonial centre hosts baroque churches and street art, and Sugar Loaf mountain overlooks a boat-speckled cobalt bay. Survey it all from the cable car, and from the Christ statue atop Corcovado. On a golden evening, sip a caipirinha and relax to the rhythm of a sultry bossa nova.

### DAYS 4-8

At Iguazú Falls you'll explore the thunderous veils of water from above and below, while toucans and parrots flit drunkenly aloft. Turn north to the Amazon jungle to walk rainforest trails, or glide through hidden creeks by canoe, your guide's expert eye revealing shy wildlife.

### DAYS 9-12

Revel in the port atmosphere of Salvador, with capoeira martial dances and spicy cuisine, where Afro-Brazilian fusion music takes to the air.

### ♥ WHAT WE LOVE

I had trails to myself and took panoramic photos without a soul in sight. South Brazil's Serra Geral is really off the beaten track; on tabletop mountains thick cloud gives way to views of impressive waterfalls.

Paul Winrow-Giffin



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### “ WHAT YOU SAY

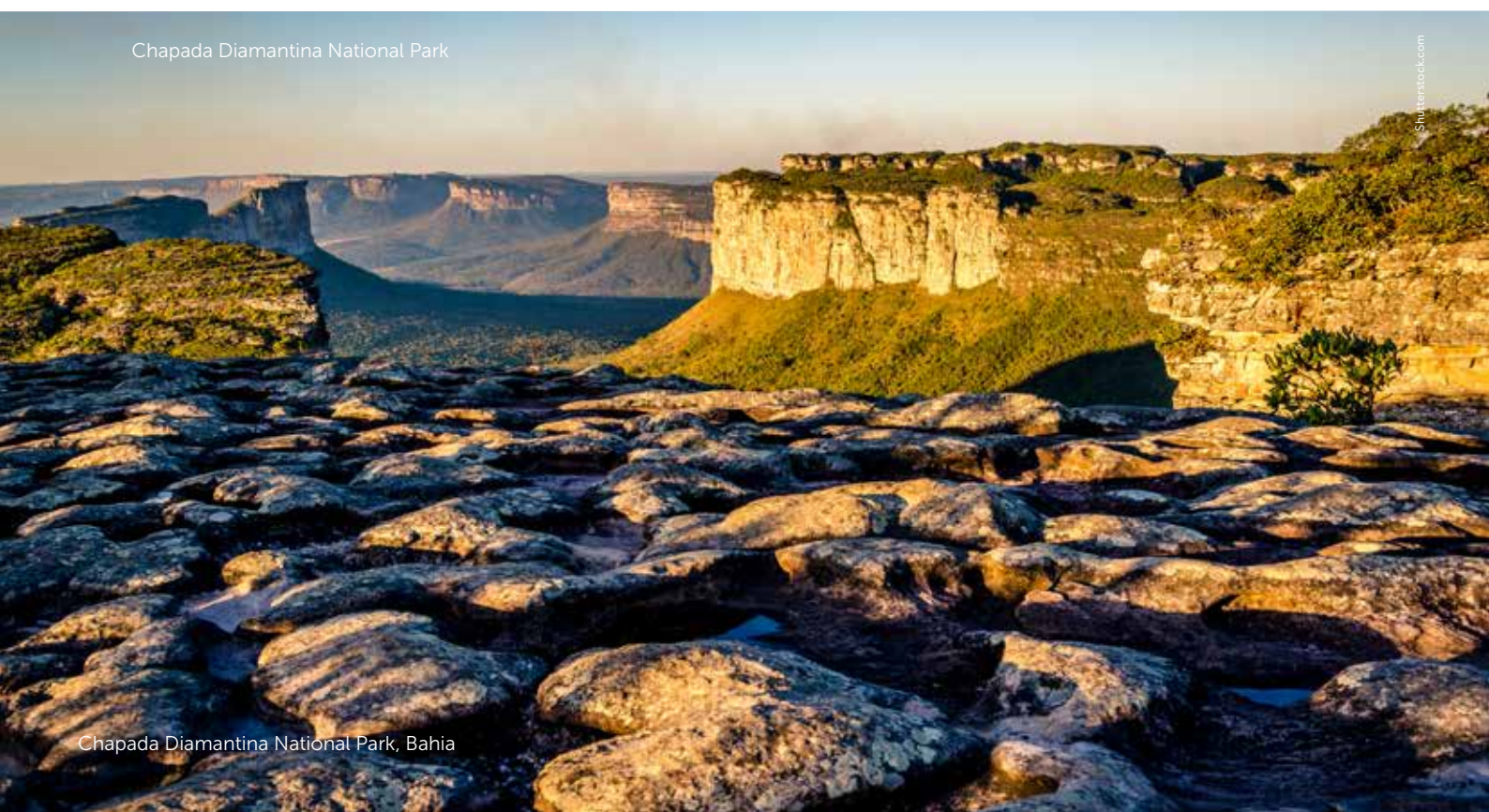
Every day was special and we have many happy memories but probably the highlights were the views from the top of Sugar Loaf, getting up close to waterfalls, swimming in the Rio Negro and whale-watching.

LL, Tonbridge



Tom Parrott

Chapada Diamantina National Park



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Chapada Diamantina National Park, Bahia





## Some of our favourite experiences



Amazonian Nature Tours

### Kayak the Amazon

Propel yourself along the tranquil tea-coloured waters of Amazonia, viewing and listening to wildlife – look out for a family of hyacinth macaws screeching across the setting sun.



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### Discover untouched beaches

Explore remote vehicle-free bays and islands, swim or snorkel from old-school schooners at anchor in the hidden bays of the scalloped coast line.



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### Spot jaguars in the wild

With luck, you may spot one of these watchful, regal creatures leap upon its prey in the wildlife wonderland of the Pantanal.

### Hike tabletop mountains

In the heart of Brazil is a plateau of Lost World table mountains, defined by steep canyons and rock-strewn rivers. From quaint colonial Lençóis, follow hiking trails to panoramic summits.

### Feel the force of Iguazú Falls

Get close by boat to where a foaming tumult of water plunges into the agitated river. You may get soaked, but it is totally exhilarating.

### Dance to a carnival beat

Surrender to the intoxicating beat of the samba drum as gaudy percussion groups prepare for the flamboyant carnival extravaganza all over Brazil.



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DESTINATIONS

# CHILE



Atacama Desert



Chile is proud of its arts and culture: its world-famous poets and authors, its lyrical wineries. But it's the mesmerising scenery which will stagger you most: wildlife-filled countryside from scorched volcano-dotted desert through a forested land of lakes to a Patagonian wilderness spliced by enormous glaciers.

The great cities of Santiago and Valparaíso offer a history narrated in vivid street art along with fine-dining; but it's mostly a country of the great outdoors, with a range of activities to match.



## Chile highlights

- 1 Santiago area** The capital's busy colonial centre is offset by skyscrapers and leafy boulevards. Nearby is the bohemian Pacific port of Valparaíso.
- 2 Central valley** The fertile region of sunny slopes is dotted with prestigious wineries, many offering charming rural accommodation.
- 3 Lake district** Royal blue lakes surrounded by snow-throated volcanoes, crystal clear rivers and ancient monkey puzzle forests.
- 4 Patagonia** This wildlife-rich wilderness is sculpted by ruthless glaciers, granite massifs, blue-green lakes, remote forested fjords.
- 5 Atacama desert** A primeval weather-sculpted landscape of geysers, volcanoes, salt flats, multicoloured lagoons, ancient ruins and quaint adobe villages.
- 6 Easter Island** This remote rural South Pacific island, famed for its gigantic stone head carvings, has a unique Polynesian culture.



## “ WHAT YOU SAY

The whole experience of Atacama and Torres del Paine was amazing. In between, Puerto Varas provided a relaxing contrast. The tours of Santiago and Valparaíso worked very well and the guides were great.

KH, London



## Signature Chile

13 days from £4,214<sub>pp</sub>

### DAYS 1-4

After exploring Santiago fly to the Atacama desert where tiny oasis villages are surrounded by volcanoes and geysers steaming and hissing into life, and where pink flamingos dot the dazzling chalk-white salt flats.

### DAYS 5-7

Travel south to the gorgeous lake district. Here, pine-whispered parks sit beside the snowy flanks of sky-grazing volcanoes. Explore by bike, on foot, white-water raft or kayak. Chiloé Island beckons with its quaint wooden churches, fishermen's homes on stilts, oysters and lazy-paced rural traditions.

### DAYS 8-12

Continue further south to Patagonia's Torres del Paine National Park. Stunning trails will lead you to rivers ridden by icebergs, mint-green lagoons, sapphire lakes, ice-tipped granite spires and grassy plains with huddles of grazing Guanacos. Watch condors soar high above you and, with luck, you may even spot a Puma.

### ♥ WHAT WE LOVE

On my last trip to Torres del Paine I was astonished to round a bend and see a family of pumas feasting on an unlucky guanaco. They were annoyed by our interruption and reluctantly sloped off.

Kathryn Rhodes



### “ WHAT YOU SAY

All parts were memorable, but probably the sunrise excursion on Easter Island took top spot.

JW, Bedford



Death Valley







Torres Del Paine

## Some of our favourite experiences



### Torres del Paine hiking

The Patagonian scenery is humbly huge: the trek to the French Valley reaches an extraordinary three-pronged amphitheatre of vertical glacier-mantled peaks.



### Valley of the Moon, Atacama

Explore wind-eroded tunnels and caverns; climb the tallest dune to see the valley at the height of its magic, painted by the fiery tones of the sunset.



### Self-drive in Patagonia

Vast frost-bitten landscapes are wonderful to explore in your own car – discover gravel roads winding alongside shadowy forests, passing isolated farmsteads as the icy form of an Andean peak looms into view.

### Wander among the Easter Island Moai

Moai (the island's famous carved stone heads), gaze inwards to the grassy landscapes of the faraway island. Discover them sitting on rocky plinths above the sparkling Pacific shores.

### Cruise glacial fjords

Sail through southernmost Patagonia's shattered landscape of forested fjords and deserted islets, marvelling at hanging glaciers, colonies of chattering penguins and playful sea lions as you journey all the way to Cape Horn.

### Microbreweries by bike

Artisan beer is all the rage: Cycle along the pretty shores of Lake Llanquihue popping into cute Bavarian-style towns for liquid refreshment.



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DESTINATIONS

# ARGENTINA



Iguazú Falls



This is a country which tempts with open-air adventures in lofty deserts and among ice-stifled peaks. The profusion of wildlife is astonishing – mammals, reptiles and birds abound in marshes, rainforest, and yawning pampas along the blustery Patagonian coast.

But beyond the infinite skies, shimmering glaciers and horizon-bending pampas, Argentina is the cradle of the tango and a premier producer of fine wines and juicy grass-fed beef. Its capital, Buenos Aires, is one of Latin America's most stylish.



## Argentina highlights

- 1 **Northwest Andes** Rust red canyons, pre-Columbian ruins, lonely lime-washed chapels and a necklet of baroque colonial towns.
- 2 **Iguazú Falls and Iberá** At Iguazú 275 waterfalls crash through the rainforest. Abundant wildlife inhabits the wetlands of Esteros del Iberá.
- 3 **Buenos Aires** Colourful clapboard houses abound in arty La Boca, fine-dining in glitzy Recoleta, tango and flea markets in San Telmo.
- 4 **The pampas** The home of the gauchos, it's a region of wide-open ranches with succulent beef-cattle pastures.
- 5 **Andean lake district** Sapphire-hued glacial lakes, snowy volcanic cones and pine-forested national parks festoon the photogenic landscape.
- 6 **Patagonia** A wilderness of granite towers, colossal glaciers and ancient mossy forests. Whale-watching in the Valdés peninsula is a real highlight here.



### “ WHAT YOU SAY

I was wonderfully surprised by the drives from Salta to Cachi and Cafayate with our fantastic English-speaking guide who really knew his stuff and we had plenty of time to stop for photos.

AC, Bristol

### ♥ WHAT WE LOVE

Piatelli winery in Cafayate was one of my favourite vineyards... amazing wines, views over the vines stretching out to the far off horizon and where I first discovered the delights of Torrontes wine.

Caroline Maber



## Signature Argentina

### 13 days from £2,734<sub>pp</sub>

#### DAYS 1-3

Explore Buenos Aires, an effervescent city which never sleeps, its stately boulevards, sculptured parks and plazas swarming with life. The Teatro Colón is homage to opulence, while a tango show will have you tapping your feet.

#### DAYS 4-6

Head to Patagonia and the Perito Moreno glacier, where the thundering shards of falling ice are a breathtaking spectacle. Travel by boat through iceberg-choked waters to a pioneering ranch.

#### DAYS 7-9

Delight at the chocolate-box pretty pastoral landscapes of the lake district, with a couple of trips to survey craggy Andean mountain peaks brooding over a tightly wooded landscape pitted with lakes.

#### DAYS 10-12

You have plenty of time to explore subtropical Iguazú Falls on a wild boat ride, by helicopter or on foot.

#### ♥ WHAT WE LOVE

Crossing by four-wheel-drive the uninhabited salt pans, mountainous sand dunes and other-worldly sculptured pumice fields of the high-altitude Puna was extraordinary – our picnic beside abandoned mining villages was so evocative.

Claire Milner



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#### “ WHAT YOU SAY

Each day gave us stunning scenery, amazing sights and the friendliness of the Argentinian people. Although one particular highlight was seeing an armadillo crossing the road in El Calafate.

YGG, Wirral



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Mt Fitz Roy



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Perito Moreno Glacier

## Some of our favourite experiences



### Steak and wine

Argentina's hearty cuisine is as tantalising as anything in this sensual country. Savour oozing steaks, buttery empanadas and aromatic Malbecs at street stalls, fine restaurants, wineries and on gourmet cruises.

### The Porteño's Buenos Aires

Bring this epic city down to human scale with a leisurely bike tour, seat at a football match, night tour, tango or cookery lesson.



### Ice-trekking

Explore the jutting blue pinnacles of a glacier. Dazzling turquoise pools gather where the ice melts, creating a landscape of wintry wonders on the top of the glacier.



### Traverse the Andes by road or water

Journey past the glossy glacial lakes and over the sinuous passes of Patagonia or the Atacama desert.

### Hike at the end of the world

View the unnamed spiky peaks of remote island Tierra del Fuego on a short day walk or longer hike with camping under the stars.



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# URUGUAY



Colonia

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## Uruguay highlights

Mingle with celebrities on Punta del Este's golden beaches, plunge into the art scene on Montevideo's waterfront, get up at dawn to watch birds on one of the sprawling cattle ranches. Uruguay's laid-back vibe and superb places to stay make it a firm favourite of those in the know.

- 1 Colonia** A timeless little Portuguese port with vintage cars resting in narrow cobbled streets shaded by sycamores.
- 2 Montevideo** The capital, on the shores of the River Plate, has a monumental historic core and lively port area.
- 3 Atlantic beaches** A sunny coastline of unspoiled stretches of sandy beach. Trendy José Ignacio offers cutting-edge boutique hotels and gourmet dining.

Argentina

Brazil

Uruguay

1

2

3



## Signature Uruguay

14 days from £4,599<sub>pp</sub>

**DAYS 1-7** Following a few days in cosmopolitan Buenos Aires, the pace slows when you cross the silvery River Plate estuary to fortified Colonia, where you can soak up the lazy colonial atmosphere or have a drink in the yacht club overlooking the sparkling water. Journey by road to stately Montevideo, and set out in a shiny classic car to tour one of the vineyards which are putting Uruguay on the wine-lover's map.

**DAYS 8-10** Drive inland to a peacock-dotted cattle estate surrounded with meadows, forest and streams. Ride, walk or wander along the coast to a sea-lion colony, also one of the country's best birding spots.

**DAYS 11-13** You're back on the beach at sophisticated Punta del Este, a chic resort on a peninsula with excellent water-sports and gourmet dining.



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### “ WHAT YOU SAY

Our highlight was the Vendimia festival which took place while we were at the wine lodge. This event was brilliant leaving us with lots of fond memories to take home.

KB, Leeds

### ♥ WHAT WE LOVE

Enthusiastically embracing the farm to table concept, Uruguay is fast becoming a popular destination for food and wine – I enjoyed succulent beef and local cheeses at top estancias and wine lodges Narbona and Estancia Vik.

Paul Winrow-Giffin



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## Some of our favourite experiences



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### Explore by car

Uruguay is safe, slow-paced and full of intriguing little corners making it perfect for exploring by hire car. Revel in your independence, arriving at a cosy pre-booked lodge, winery or ranch in dusk's golden light.

### Estancia stay

Get close to Uruguay's heart on a working ranch, participating in the farm activities, rounding up cattle with the gauchos, winding down over a Victorian-style afternoon tea on a shady veranda.

### Relax on a wine estate

Close to the dozy port Carmelo are some attractive wineries welcoming visitors, hidden in pretty countryside. Savour the delicious wines, listen to the birdsong and sniff the scent of the eucalyptus trees.



# PARAGUAY



Asunción

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## Paraguay highlights

Subtropical, land-locked Paraguay, with its welcoming people entices adventure-seekers: wild, uncrowded, often unusual and always authentic. Beyond its vast wilderness and evocative ruined missions, modern Paraguay is a fascinating cultural mélange, where almost everyone speaks indigenous Guaraní and where its unique melodious harp music, bottle dance and dainty lace sets it apart.

- 1 The Chaco** The sweltering undeveloped savannahs support huge cattle ranches and wildlife thrives undisturbed.
- 2 Asuncion** The sultry riverside capital's eventful history is revealed in crumbling public buildings.

- 3 Itaipu Dam** The massive dam straddles the Brazilian frontier close to Iguazú Falls. House-sized turbines sit in vast concrete walls.
- 4 Jesuit missions** Southern Paraguay's countryside is dotted with the evocative ruins of the Spanish Jesuit Reductions.





## Signature Paraguay

### 12 days from £8,250pp

**DAYS 1-5** Following a stroll round the sleepy capital, visit a countryside cemetery for old rusting steam engines – Paraguay's railway was one of Latin America's first. Travel by road to the scorched Chaco plains, where egrets and storks inhabit the lagoons and bush, to reach the curious Mennonite town Filadelfia – High German is still spoken here. Take a safari to identify the myriad birds populating the savannah.

**DAYS 6-8** Visit the abandoned Jesuit mission at Trinidad where the vast colonnaded plaza hosts an elaborate carved church and the humble houses of the converted Guaraní indians.

**DAYS 9-12** Head to the gigantic tropical Iguazú Falls over the border with Argentina visiting one of the oldest ruined missions, San Ignacio Mini (1610) en route. From your lodge, discover the vivid rainforest bird and plant life.



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### “ WHAT YOU SAY

Paraguay is an excellent destination... We would highlight the special trip to Itaipu Dam; it is mind blowing.

ME, Hove

### ♥ WHAT WE LOVE

I had the Trinidad mission ruins to myself: the night-time walking tour was magical, evocative of extraordinary times in the little known history of the religious order in Latin America.

David Nichols



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## Some of our favourite experiences



David Nichols

### Off grid in the Chaco

Chaco is one of the continent's vast wildernesses, where roaming cattle, trees and salty pools attract easily spottable ostriches, deer, caimans and colourful aquatic birds.



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### Delve into Jesuit Missions

In the 17th century Jesuit missionaries established grandiose missions to convert the indigenous Guaraní people, to whom they also taught art, music and architecture, leaving a unique heritage visible to this day.



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### Lost railways

Recall a bygone era, as you wander down a pioneering long-abandoned line, which was littered with defunct steam locomotives that now congregate in a quirky outdoor museum.



# ANTARCTICA



Antarctic Peninsula

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## Antarctica highlights

Antarctica's icebergs, glaciated mountains and abundant wildlife colonies populate the remote south Atlantic promising you a once-in-a-lifetime experience following in the footsteps of the great explorers. The rugged Falkland Islands are home to an astonishing variety of wildlife. Mountainous South Georgia's spectacular glacial beaches see elephant seals tussle with vast king penguin colonies for space.

- 1 South Georgia** The jagged island's history reveals abandoned whaling stations and Shackleton's grave.
- 2 Falkland Islands** Craggy islands speckled with sheep co-existing beside a multitude of wild seabirds and wildlife, including five penguin species.
- 3 Antarctic Circle** Undisturbed wildlife and seldom trodden landings: hallmarks of this remote imaginary line.
- 4 Weddell Sea** The giant pack-ice of the hard-to-reach Weddell Sea hosts rare emperor penguin colonies.
- 5 Antarctic Peninsula** Penguins perch on blue, sculpted ice-walls framed by mountains in the vast white wilderness.
- 6 Ross Ice Shelf** Far away in the shadow of Mount Erebus it has a 600km long colossal ice-wall: about as remote as 21st century travel can take you.





## Signature Antarctica

13 days from £3,974pp

**DAYS 1-4** Spend a couple of days experiencing the hectic lifestyle of energetic Buenos Aires before heading south to the port Ushuaia, crouching on the chilly shores of Tierra del Fuego, launch-pad for voyages to Antarctica. It's a truly exciting moment when you board your ship.

**DAYS 5-6** Whales and dolphins can often be seen on the Atlantic crossing to the Antarctic Peninsula along with an abundance of marine birds such as petrels and albatrosses.

**DAYS 7-13** Your ship edges her way through the fractured sea ice circling the glistening icebergs and mountains of the Peninsula – you'll see noisy penguins squabbling over pebbles, hear the boom and crack of a calving glacier, watch leopard seals diving for lunch: awestruck by the utter majesty of it all.



### “ WHAT YOU SAY

The whole trip (to Antarctica) was an outstanding experience. Very well organised with excellent accommodation. It would be hard to improve it....

JH, Bedford

### ♥ WHAT WE LOVE

We climbed a steep hill for stunning views over Paradise Harbour, then back on the zodiacs for a land-hugging cruise – we saw humpback whales, some in couples, and icebergs with crabeater seals.

Caroline Maber



For full details on our Antarctica holidays request a brochure online:

[www.journeylatinamerica.co.uk/brochure](http://www.journeylatinamerica.co.uk/brochure)



## Some of our favourite experiences



### Wildlife encounters

The creatures of the south Atlantic have no fear of humans – you can gaze into the doleful eyes of seals, marvel at playful whales, and listen to the plaintive whistle of penguins.



### Active in Antarctica

Get off your ship and jump into the freezing waters, kayak up to icebergs, climb a frosty mountain, snow-shoe up to penguins or spend a night camping in the open.



### In Explorer's footsteps

Peer into the intrepid Victorian explorers' huts, frozen in time and still provisioned, or walk part of the trail Shackleton took on his epic rescue mission in South Georgia.



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# BOOK WITH CONFIDENCE

## THE AITO QUALITY CHARTER

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

## EXCLUSIVE MEMBERSHIP

AITO sets criteria regarding ownership, finance and quality which must be satisfied before new companies are admitted to membership. All members are required to adhere to a Code of Business Practice which encourages high operational standards and conduct.

## FINANCIAL SECURITY

An AITO member is required to arrange financial protection for all holidays and other arrangements (including accommodation only) booked by the customer with the member under the AITO logo. This financial protection applies to customers who are resident in the UK at the time of booking and to most overseas customers who have booked directly with the member. In doing so, the member must comply with the UK government regulations. Members are required to submit details of their financial protection arrangements to AITO on a regular basis.

## ACCURATE BROCHURES AND WEBSITES

All members do their utmost to ensure that all their brochures and other publications, print or electronic, clearly and accurately describe the holidays and services offered.

## PROFESSIONAL SERVICE AND CONTINUAL IMPROVEMENTS

All members are committed to high standards of service and believe in regular and thorough training of employees. Members continually seek to review and improve their holidays. They listen to their customers and always welcome suggestions for improving standards.

## MONITORING STANDARDS

AITO endeavours to monitor quality standards regularly. All customers should receive a post-holiday questionnaire the results of which are scrutinised by the Association.

## SUSTAINABLE TOURISM

Members acknowledge the importance of AITO's Sustainable Tourism ethos, which recognises the social, economic and environmental responsibilities of tour operating.

## CUSTOMER RELATIONS

All members endeavour to deal swiftly and fairly with any issues their customers may raise. In the unlikely event that a dispute between an AITO member and a customer cannot be settled amicably, AITO's low-cost Independent Dispute Settlement Service may be called upon by either side to bring the matter to a speedy and acceptable conclusion.

Journey Latin America is a member of the Association of Independent Tour Operators. To contact the Association visit [www.aito.co.uk](http://www.aito.co.uk) or call 020 8744 9280.

## CONSUMER PROTECTION – IMPORTANT

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CC, Bristol

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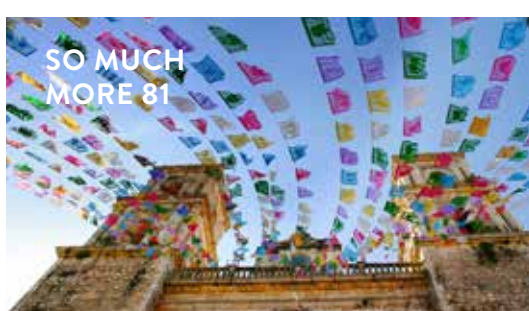
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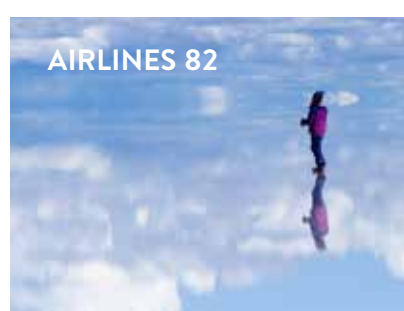
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